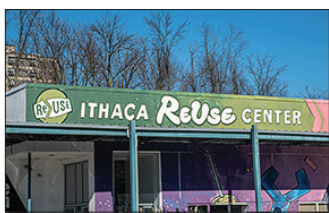


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CLEAR COVID-19 GUIDELINES ARE NOT ESTABLISHED



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NUTRITIONIST GUIDES ATHLETICS INTO THE FUTURE

Proposed flood maps impact rent affordability

BY PRAKRITI PANWAR
NEWS EDITOR

Tenants hold most seats on Ithaca's 2024 Common Council, which is the primary form of local government in the area. It is the first time this has happened in the City of Ithaca, where more than 70% of the population are renters.



Fourth Ward Alderperson Tiffany Kumar is one of the council members who is a tenant. Kumar said that having a more representative council translates into local governance that better serves the working class. "I think that it is more representative

of the actual demographics ... [and there is] a lot to push back against this tradition of politics and government kind of [being] run by those who are in more fortunate groups," Kumar said.

Kumar said the council's tenant majority can lead to solutions for renter-centric problems, like their concerns over added flood insurance costs they might have to incur after preliminary drafts of Ithaca's revised flood maps were released in 2022.

Flood maps and added insurance cost

The flood maps, which were last revised by the Federal Emergency Management Agency in 1981, categorize the town into different types of "Flood Zones" based on their probability of flooding.

If an individual's property is located in Special Flood Area Hazards — or areas that possess a high risk of flooding — and if they have a mortgage backed by the government, they would have to buy flood insurance.

In Ithaca, certain areas like those surrounding Buttermilk Falls, Six Mile Creek as well as Fall Creek are located in Special Flood Hazard Areas.

The Ithaca Voice reported Feb. 16 that the process of municipal review for flood costs has commenced and individuals have until May 1 to appeal mistakes in the suggested maps. There is no firm date for the release of finalized maps, but they will be implemented at some point in 2024, according to FEMA.

Katie Sims, co-chair of the Ithaca Tenants Union, said that in situations like these, tenants are usually the ones directly impacted.

"Renters bear the additional cost because usually when costs are raised, landlords often pass it on to tenants," Sims said. "That's typically how it works."

Flood insurance can be bought through the National Flood Insurance Program and typically costs around \$850 but it can vary depending on different features of the property the insurance is being bought for and flood insurance providers.

Caroline Feindel '09 is a renter in Ithaca who lives in Fall Creek, a Special Flood Hazard Area that warrants flood insurance for the property. Feindel said that having flood insurance is important, even though it may not seem like it.

"We do live in a valley," Feindel said. "We are on the edge of a lake. I don't think a lot of people in this town realize just how easily a flood could happen in ... the lower parts of Ithaca."

Feindel said she has not received communication from her landlord about the added cost of flood insurance, but if she does, she would not want to pay for it completely out of pocket.

Kumar said the common council should find a solution to prevent tenants from bearing the additional cost.

"It is a common council responsibility to make sure that the cost of climate change [doesn't] offset our most marginalized communities," Kumar said. "I also think that the fact that we have a majority [on the] council speaks to the fact that not only was there a council with the willingness to, but also there's an electorate's beliefs to hold us accountable to providing for tenants' rights."

Flood insurance and the Southside

Surrounding Fall Creek, where Feindel lives, is Southside. Southside is a historically Black neighborhood that has existed for over 150 years. According to an article by The Nation, the new flood maps could catalyze the gentrification in the area by displacing those who cannot bear the cost of the added flood insurance.

Chavon Bunch, executive director of the Southside Community Center, said the added cost of flood insurance can add up along with other costs like taxes.

"Some of the elderly people in the neighborhood are holding on to their houses by the skin of their teeth," Bunch said. "Having to pay extra insurance is going to be tough, especially if you're paying already \$4,000. And then on the high end, the flood insurance I think is between \$4,000 and \$5,000."

Cornell University Senior Meher Bhatia, science editor of the Cornell Daily Sun, wrote the article for The Nation. Bhatia said the added flood insurance cost adds a burden to underrepresented renters.

In December 2023, Ithaca won an \$800,000

FLOOD, PAGE 4

IC encourages COVID self-management

BY RYAN JOHNSON
ASSISTANT NEWS EDITOR

The Washington Post reported Feb. 13 that the Center for Disease Control and Prevention (CDC) would be loosening COVID-19 guidelines and shifting from a five-day quarantine period to a one-day recommended quarantine period. There is no official date for the change and under the new guidelines, the CDC will recommend that people return to work or school after they have been fever-free for 24 hours.

Jennifer Metzger, director of Student Health Services, said via email that during the week of Feb. 4 to Feb. 10, Hammond Health saw 18 positive Flu tests and seven positive COVID-19 tests. and from Feb. 11 to Feb. 17 there were nine positive flu tests and five positive COVID-19 tests.

Metzger said the Hammond Health Center provides self-testing kits at the cost of purchase for \$6.14 and provides free transportation for students who wish to go off campus for testing.

"I do know that there's that discussion happening at the CDC

right now, and we have two states that have adopted one-day isolation, California and Oregon," Metzger said. "I think the main thought around [one-day isolation] is people are contagious before they are even symptomatic, so the question was, [did] that long quarantine decrease disease?"

Quarantine guidelines for New York state are still a five-day isolation period. The college decided to cease offering COVID-19 testing locations and dedicated quarantine spaces May 31, 2023. In November, free over-the-counter (OTC) rapid antigen self-testing kits the college provided to students expired.

Samm Swarts, assistant director of Emergency Preparedness and Response, said he would encourage the campus community to continue receiving booster vaccinations for COVID-19 vaccines, but the college has transitioned to a full self-management system for COVID-19.

"I recognize that [the transition to full self-management] has been uncomfortable ... but there's no way that the college could offer [COVID-19 infrastructure]



IC stopped offering testing locations and quarantine spaces in May 2023. In November, free self-testing kits also expired.

EMMA KERSTING/THE ITHACAN

indefinitely, it's just not something we could do," Swarts said.

Swarts said the reason the college no longer provides free testing and quarantine spaces is the lack of a public health fee at the college. Swarts said the \$75 fee was required from Fall 2021 to Spring 2023 and was included in student's tuition.

"We were able to use those dollars to basically build up a COVID infrastructure through wrap-around care, services [and]

testing," Swarts said. "For a time there we had quite a robust system in place."

Senior Annalese Winegard said many things have changed in terms of COVID-19 infrastructure since her first semester on campus in Spring 2021.

"In the dining hall there was no seating, it was all in the [Ithaca College square] and it just made it really hard to be social," Winegard

COVID, PAGE 4

FAFSA delays result in limbo

BY EMMA KERSTING
PODCAST EDITOR

The U.S. Department of Education (ED) announced Jan. 30 that data from the Free Application for Federal Student Aid (FAFSA) would begin to be sent to institutions around the country by mid-March, a significant delay from the originally-established timeline of late January.

This change to the FAFSA timeline will likely mean prospective students and their families will have less time to decide on a college or university while also considering the financial aid packages offered to them; however, Ithaca College will not extend its Decision Day deadline.

The FAFSA form was recently given a makeover in 2023 to make the application process easier for students and families in need of federal aid, which involved pushing the date the application opens from Oct. 1 to Dec. 30.

A letter from Miguel Cardona, U.S. Secretary of Education, was sent to presidents and chancellors of higher education institutions Feb. 12 with an update on the delays and the steps the ED is taking to support them.

"If overhauling a system that hasn't been touched in more than 40 years were easy, it would have been done before," Cardona wrote.

FAFSA, PAGE 4

Nation & World News

Jordanians hold a protest in support of Palestinian people

Jordanians rallied in downtown Amman and various governorates Feb. 16 after Friday prayer in solidarity with the Palestinian people and in protest of the Israeli war against the Gaza Strip.

Protesters chanted slogans calling for an immediate halt to the Israeli aggression in the Gaza Strip that left thousands of people killed and wounded.

They also condemned the international community's silence on the ongoing massacres in Gaza and decried the double standards of the international community toward the repercussions of the war on the besieged strip.

The demonstrators also praised the position of the Kingdom in support of the rights of the Palestinian people and called for ceasing all forms of cooperation with Israel.

Ground staff are planning to strike Lufthansa Airline Feb. 20

More than 100,000 Lufthansa passengers face delays and disrupted flights this week after German services union Verdi called its ground staff out on a 27-hour strike starting Feb. 20.

Lufthansa said Feb. 18 that it was working on an emergency schedule. Airports in Frankfurt, Munich, Hamburg, Berlin, Düsseldorf and Cologne-Bonn will be impacted.

Ground staff are to walk off the job at 4 a.m. (0300 GMT) Feb. 20 and return to work at around dawn Feb. 21, Verdi announced in Berlin.

All ground staff, including maintenance and check-in personnel, have been called out, with the result that large-scale cancellations can be expected.

Six police officers are injured as Eritreans clash in The Hague

Violent clashes in The Hague between supporters and opponents of Eritrea's authoritarian government resulted in injury to six police officers and considerable damage to property, police in the Dutch city reported Feb. 18.

Police and emergency service staff were pelted with stones and fireworks as the opposing groups clashed at an events center in the city on Saturday evening.

Thirteen men between the ages of 19 and 36 were arrested, police said.

Two police vehicles and a coach were completely burnt out, and other vehicles seriously damaged. The center, where the pro-government group had organized a gathering, was also damaged.

Berlin protests Navalny's death in front of Russian Embassy

About 250 demonstrators gathered near the Russian embassy in Berlin Feb. 18



Netanyahu confirms an offensive in Rafah

Israeli Prime Minister Benjamin Netanyahu confirmed Feb. 17 that an Israeli military offensive would be launched in Rafah in the southern Gaza Strip despite international warnings. Netanyahu said Israel will ignore international pressure. COURTESY OF TRIBUNE NEWS SERVICE

to protest at the death of jailed dissident Alexei Navalny, police in the capital city reported.

The organizers had registered a protest by 450 people.

Shortly before the protest, the Pussy Riot, a Russian feminist protest group, announced its own demonstration. A police

spokesman said a number of people with banners had arrived at the embassy and left shortly afterward.

"We call on the international community to show solidarity and to work for justice," the group said.

SOURCE: TRIBUNE NEWS SERVICE

MULTIMEDIA

THERE'S MORE MULTIMEDIA ONLINE. VISIT THEITHACAN.ORG/CATEGORY/MEDIA/



"Ithacan Tries" is back on the air!

In a brand-new "Ithacan Tries," assistant photo editor Kaeleigh Banda spends an afternoon with WICB: Ithaca College's student-run radio station.



"How IC Sports" returns to the court

For the first episode of 'How IC Sports' of the semester, host sophomore Alliey Magistro interviews graduate student Junie Dickson from the Bombers Women's Basketball team.

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Radioactive gas not tested for in county

BY VIVIAN ROSE

ASSISTANT NEWS EDITOR

Radon is an invisible, odorless and radioactive gas that is prevalent in 34 out of the 62 counties of New York state and is the second leading cause for lung cancer in the U.S., according to the Centers of Disease Control and Prevention. New York state, however, does not require testing for radon in any building or at any institution.

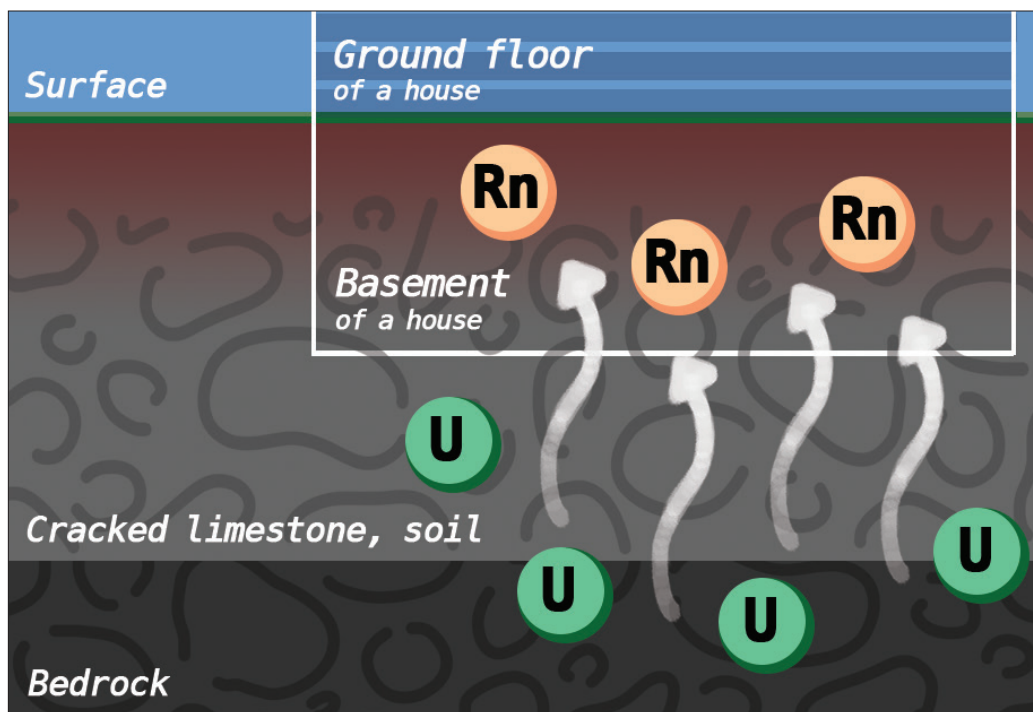
Tompkins County is located in a high-risk area for radon, meaning 35% of basements in the county have more than 4 picocuries per liter of radon, the EPA's limit for safe radon exposure. Basements are typically tested for radon because they are the lowest level in a house, where radon typically builds up. Radon is derived from Uranium-238 after it decays.

Radon Levels at Ithaca College

Michael Stone, associate director of Environmental Health and Safety at the college, said residence halls at the college are built on slab-on-grade concrete, which sits on top of the soil beneath it and acts as a cap for radon gas, forcing the gas away from the building.

"There's nothing keeping that radon from going up and out through the soil. So if it's coming up underneath the building, it hits that solid concrete; it's gonna go sideways until it gets up and out."

Calvin Prothro, professor in the Department of the Environment,



Radon is a type of gas that is derived from Uranium-238. Uranium-238 is stored in the Earth's crust in decomposed matter and the undetectable gas is known to cause lung cancer.

ILLUSTRATION BY MOLLY TESKA/THE ITHACAN

said that if concrete foundations have cracks, this could allow for the gas to get into buildings as well as through pipes and bathroom plumbing. However, he said there are mitigation strategies for buildings that test high for radon exposure.

"Just keep the windows open, put a fan in the window and run it especially in the wintertime," Prothro said. "It may make your room a little cold, but it's better than breathing radon gas in."

Importance of Testing for Radon

Radon gas is in the ambient air and with good filtration, will not be harmful. However, if concentrated amounts get into a person's lungs, radon can cause cancer.

Samantha Hillson, public information officer in Tompkins County, said the Whole Health Department has a grant from the New York State Department of Health to make radon tests for county residents \$12. Hillson said the program targets communication to residents of Tompkins County but said there is little

communication about HNP toward college students.

Senior Sam Stys, who lives in a house off campus, said he does not know where he would go from there if his house were to have high levels of radon in the air.

"Initially, I didn't really think it applied to me because I only rent," Stys said. "Then I realized my landlords may not be required to test and it's very possible there could be some in my house."

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IC, former dean reply to lawsuit

BY SYD PIERRE,
PRAKRITI PANWAR

EDITOR IN CHIEF,
NEWS EDITOR

Ithaca College and Bryan Roberts, former associate dean of the Roy H. Park School of Communications, filed replies Feb. 19 and 20 to support their original motions to dismiss claims made against them by an anonymous student at the college in a lawsuit for Title IX and sexual harassment complaints.

Emily Rockett, vice president, general counsel and secretary to the board of trustees at the college, said via email that developments in the case from here on depend on the judge's ruling.

"All parties are awaiting the judge's ruling on the motions to dismiss," Rockett said. "The judge's ruling on the motions will determine the next steps."

The student, known as John Doe in the case, filed his replies against the motions to dismiss Feb. 12. Erin Peake, Doe's lawyer, declined to comment.

Peter Glennon, Roberts' lawyer, did not reply to a request for comment.

No party requested oral argument. Now that the parties have filed their final written arguments, U.S. Judge Glenn T. Suddaby of the Northern District of New York will rule on the dispositive motions. Applicable court rules do not mandate that the court decide the motions within a required time period.

Replies from College and Roberts: Title IX framework

The college again argues that Doe has not demonstrated that his negligence claims are separate from his Title IX claim.

Negligent hiring and supervision claim

The college argues that the basis of this argument falls under Title IX procedures and "because plaintiff has not alleged Ithaca had prior notice of any employee's propensity to commit specific acts of sexual harassment."

In his reply, Roberts also states that because he was an employee of the college, not an employer, Doe's claims of Negligent Hiring, Supervision, Retention and Training should be dismissed against him.

Corporate Complicity Doctrine and Superior Officer Rule

The college argues that corporate complicity can exist only when the officer is superior, but Roberts is not. The college also says that even if Roberts was considered a superior officer, "Ithaca's complicity cannot be established because the alleged harassment was outside the scope of Roberts' employment."

In his reply, Roberts argues that Doe failed to "plead facts that plausibly establish Mr. Roberts as a Superior Officer at Ithaca College," so Doe's negligence claims are not sufficiently pleaded.

Negligent Infliction of Emotional Distress Claim

The college argues that "the conduct relied upon to support the plaintiff's NIED claim is identical to the conduct underlying his other negligence-based claims," which is why it should be dismissed.

Roberts also states that Doe's claims for NIED should be dismissed because "Mr. Roberts does not owe a duty to Plaintiff."

Intentional Infliction of Emotional Distress Claim

The college argues that Doe's IIED claim fails because he presents no facts to support the claim, does not prove the existence of extreme or outrageous conduct, does not allege that the college intentionally meant to harm him and the claim is duplicative.

Roberts argues that Doe did not plead extreme or outrageous conduct, so his claims for IIED against Roberts should be dismissed.

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IC reflects on value of college degrees

BY JADYN DAVIS

SENIOR WRITER

As some companies are continuing to phase out bachelor's degrees as a job requirement, members of the Ithaca College community discuss the value of a college degree and alternate educational paths.

According to the 2022 United States Census Bureau, 37.7% of people ages 25 and up have a bachelor's degree. And, in 2021, it was reported that 23.5% in that age group had a bachelor's degree.

For many years, a bachelor's degree was required to get certain jobs in fields like healthcare, business and social services. However, Intelligent reported that in 2024, 45% of companies will no longer require bachelor's degrees and 55% have already gotten rid of the requirement in 2023. Whole Foods, Costco, Apple and Google are some companies that do not require a bachelor's degree from applicants.

Eric Machan Howd, director of the Office of Extended Studies at the college, said that even though companies that do not require bachelor's degrees will be able to attract more candidates, they will be missing out on candidates who gained the education from a liberal arts college like Ithaca College.

"When I hear about companies who are not requiring baccalaureate degrees ... what I worry about is it is kind of being too specific and too niche in terms of what they're looking for, when we're producing so many wonderful graduates here," Machan Howd said.

Dave Curry, director of the Center for Career Exploration and Development, said people should remember the importance of having a college degree as an educational and professional tool.

"So for those who want to ascend through an organization, or to achieve a more specialized or technical role, a lot of those roles either



For many years, a bachelor's degree was required to get jobs in fields like healthcare and business. Intelligent reported 55% companies got rid of the requirement in 2023.

MADDY TANZMAN/THE ITHACAN

require higher degrees ... or the candidates who ended up filling those roles tend to have bachelor's degrees."

Alison True '23 is the circulation desk supervisor at the Ithaca College Library and received a Bachelor of Science in cinema and photography from the college. True said she decided to stay in Ithaca because of the 2023 Writers Guild of America strike. True said her experience as a student worker and student manager at the library was the reason why she got a position.

"For me personally, the college experience was really important, not necessarily the college degree," True said. "I learned so many things in college that aren't represented on my degree and those things are the reason why I think I am really getting to a level where I can call myself successful. ... And that's because of my experiences in college, not necessarily the degree that I have attached to my name."

According to a blog from Coursera, 72% of employers have considered hiring candidates that have micro-credentials. Additionally, 77% of employers are hiring based on certificates and microcredentials.

Machan Howd said companies may look at alternative education paths as another credential other than a bachelor's degree.

"The nice part about microcredentials at a four-year institution ... is it can attract some non-traditional learners to come and get a certificate from us instead of getting a four-year degree," Machan Howd said. "I think companies are going to start seeing that they're getting more specifically trained people through these professional certificates."

Editor's Note: Alison True is a former multimedia editor for *The Ithacan*.

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FROM FLOOD, PAGE 1

grant from FEMA to create flood control measures along Six Mile, Cascadilla and Fall Creek. Once the development of these flood control measures concludes, the flood maps will need revisions again.

Bhatia said flood control measures could mean no added flood insurance costs for residents. However, the flood control measures projects will take more than three years to complete.

"There's just this gap of time where people are going to be required to pay for insurance," Bhatia said. "And as of right now, I haven't heard or seen any solutions that would directly help solve that issue. The flood wall solution is a much longer-term solution. But from the reporting that I've done on this issue, [it] needs an immediate solution."

Economics of housing

In the long term, however, Sims said that opting into the Emergency Tenant Protection Act (ETPA) might help with the overall issue of incessantly rising rents.

ETPA places caps on rent increments, hence establishing rent stabilization.

Many current Common Council members, like Phoebe Brown, Jorge DeFendini, Kayla Matos and Kumar, ran on an ETPA platform.

In March 2023, the Common Council passed a resolution expressing support for the ETPA but has not yet opted into the act.

"We think ETPA is a really great policy and we've seen a really big shift in the past couple of years about it," Sims said. "We're hoping



Caroline Feindel '09 is a renter in Ithaca who lives in Fall Creek, which is a Special Flood Hazard Area. Feindel said that having flood insurance is important, even though it may not seem like it.

MADDY TANZMAN/THE ITHACAN

that it does come up for a vote in the next couple years in Ithaca and ... we think that if everyone follows through on their campaign promises that it should pass."

Good Cause Eviction is another bill that has been a topic of discussion since before COVID-19.

Good Cause Eviction, or the Right to Renew Leases, essentially prevents landlords from evicting tenants without a "good cause" hence shifting power back to renters.

Kayla Lane, secretary on the Landowners Association of Tompkins County (LATC) board of trustees, said that while Good Cause Eviction seems like an equitable idea, it does have adverse impacts on property owners that

might in turn impact the overall housing market in the area.

The cost of rentals in Ithaca is high at the moment because the demand for housing exceeds the supply.

Lane said rent stabilization would artificially lower the supply because of the personal decisions of landowners, which would reinforce the original problem: demand exceeding supply, which leads to high prices.

Lane said that even though rent stabilization measures do not exist in Ithaca, behavior trends of renters do tend to place a ceiling on rent prices.

"I could put a studio apartment in Dryden for \$1,300 a month and I guarantee nobody is going to

contact me about it," Lane said. "So there is still that supply and demand or what the market would ... allow for rent levels."

Kumar said that before the Common Council meeting scheduled for March, the council will meet for a legislative retreat where they will establish what goals they specifically want to focus on during the year.

"What our deliberations are going to [look like at the legislative retreat will] be extremely instrumental in terms of deciding what the rest of the year is going to look like," Kumar said. "ETPA is the number one priority for me. I'm ... going in with that in mind."

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FROM COVID, PAGE 1

said. "In the dorms, you couldn't go into anybody's room and you couldn't go into other [dorm halls]. ... It was hard to socialize."

Winegard said she would rather have a lack of COVID-19 infrastructure than go back to restrictions that hinder students' ability to be social on campus.

Sophomore Bria Petrella said she contracted COVID-19 after the MLK Concert on Jan. 27 in Ford Hall. Petrella said she was treated at the Hammond Health Center and was given a polymerase chain reaction (PCR) test to see if she was positive for COVID-19.

When the test turned out positive, Petrella said she had an issue because her roommate's boyfriend was immunocompromised and Petrella's roommate had to leave her dorm room to avoid getting sick.

"So [my roommate] left the room for the entire time I was sick," Petrella said. "Because God forbid I get her sick and she gets him sick. I was quarantined for five days and I was just living off of food in my room."

Petrella said she was able to email her professors to get the absences excused, but had trouble accessing materials from missed classes on Canvas and was not able to join classes via Zoom.

"It's super stressful because I knew as soon as I was told [I had COVID-19] that I was going to be behind, and I was going to be in this state of catching up for the next month or possibly the rest of the semester," Petrella said.

Swartz said the COVID-19 dashboard was discontinued in December 2022 because self-testing kits became available.

"Students were testing on their own and they weren't reporting it to anybody," Swartz said. "So it made it very difficult for us to provide accurate information to the campus community on how much COVID-19 was actually circulating on campus. ... A lot of the requirements for reporting your positive tests went away once COVID-19 was no longer considered a public health emergency."

Mary Bentley, associate professor in the Department of Health Promotion and Physical Education, said COVID-19 infections are difficult to track because there are no spaces for central testing.

"I don't think that [a] dashboard is effective at preventing cases of COVID-19; it may be actually misleading ... because I think if anything [the dashboard] would under-report," Bentley said.

Bentley said the biggest factor in preventing infections is to keep up to date on COVID-19 and flu vaccinations. Bentley said vaccinations are more effective than any other preventative measure.

From 2013 to 2021, the Department of Health Promotion and Physical Education partnered with campus and local organizations to offer free flu vaccinations to the campus community. This exercise was referred to as a Flu Point of Dispensing (POD).

Bentley said that during some years, the Flu POD would provide almost 1,000 vaccinations to the campus community in a day. In September 2021, the president's cabinet decided not to support the Flu POD and encouraged the campus community to utilize clinics in the local community to receive a shot.

"Now people are responsible for their own flu shots just like they are responsible for their own testing," Bentley said. "The change in the campus was we would help people with their vaccinations, but now it's really kind of an individual thing because you can just go to Wegmans and get it."

Metzger said there has been discussion and interest within Student Health Services and Cayuga Medical in bringing the Flu POD back to campus.

"We try to run those types of vaccine clinics in the fall," Metzger said. "In early August or September next semester, [we will] see where we're at with planning, and by then we will have a firm idea of if we're going to do [the Flu POD] or not."

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FROM FAFSA, PAGE 1

However, the new FAFSA form has had glitches and technical errors along with the delays.

These problems have made some college and university leaders reconsider Decision Day's deadline of May 1, according to the U.S. News and World Report.

The college has made an effort to guide families through this time of uncertainty while the typical deadline for FAFSA filing, which is June 30, swiftly approaches.

Shana Gore, associate vice president for Enrollment and Student Success at the college, said the delay makes the college decision process more difficult for prospective students and their families.

"For prospective students, there are a lot of components that go into their college search process, and the financial piece is one of those," Gore said. "The importance of that financial piece has a different priority for different families."

In past years, when the FAFSA opened Oct. 1, the financial data used in aid packages the college prepared for accepted students would be available to institutions no later than November.

"That gave us a long window before students were even being admitted to the college, to start [standardized] testing, to have everything in place to be able to provide [financial aid] information to students very timely," Gore said.

The ED has added to its FAFSA College Support Strategy, which assists colleges by providing federal personnel to help colleges prepare for and process financial aid forms. The ED also directs funding for technical assistance to under-resourced colleges.

Gore said she was concerned that students may not make the right decision if they do not have all of the financial aid information from each of the colleges they are considering.

"Obviously, we want every student to pick Ithaca, but what we really want is the students



The FAFSA form was given a makeover in 2023 to make the application process easier, which involved pushing the date the application opens from Oct. 1 to Dec. 30.

CALEB KAUFMAN/THE ITHACAN

who know this is the right school for them, to pick it," Gore said. "I don't want someone to pick Ithaca if it's not the right place for them, and they just didn't have the information from the other schools that they needed."

Gore said the college does not want to slow students down or cause barriers for them, so the college built its own SAI calculator.

The Student Aid Index (SAI) is a form built in the college's system where students provide the same financial data as the FAFSA form to determine their eligibility for federal, state and institutional programs and provide them an estimated financial aid package.

"We were using [the SAI calculator] in December for early decision and early action students and ... because it's not just the delay, it's that this form we are going to start receiving looks totally different from everything we received for the last 40 years," Gore said.

Sara Sassenwein is a parent of a prospective student and recently attended an open house

event at the college with her son, a high school senior. She said her son will be the first of her children to go to college.

Sassenwein said the uncertainty in the FAFSA timeline is frustrating.

"We've gotten emails from schools saying that they're going to delay Decision Day to May 15, but some schools not all, so it still puts the pressure on making a decision in two weeks because not all schools are doing it," Sassenwein said. "It's just a mess."

Amy Munson, a senior financial aid counselor at Kennesaw State University (KSU), said the changes and delays to the FAFSA will most likely not impact current students, but it is important to fill out each year.

"They can sort of assume that their aid package is going to look very similar to the previous year," Munson said. "Unless they've had a dramatic change in their family income."

CONTACT: EKERSTING@ITHACA.EDU

Clinic offers free tax filing support to local community

BY AUTUMN VALDES

CONTRIBUTING WRITER

The Volunteer Income Tax Assistance (VITA) program is a service that is offered by the IRS that provides help in filing taxes to underprivileged communities

VITA at Ithaca College also provides free support to international students who may not be familiar with the tax filing process in the U.S.

VITA was founded in 1971 and since then has resulted in the development of more than 8,000 clinics across the country.

VITA at the college is also running its second year of partnership with Ithaca Welcomes Refugees (IWR), a local nonprofit, to assist refugees in the area.

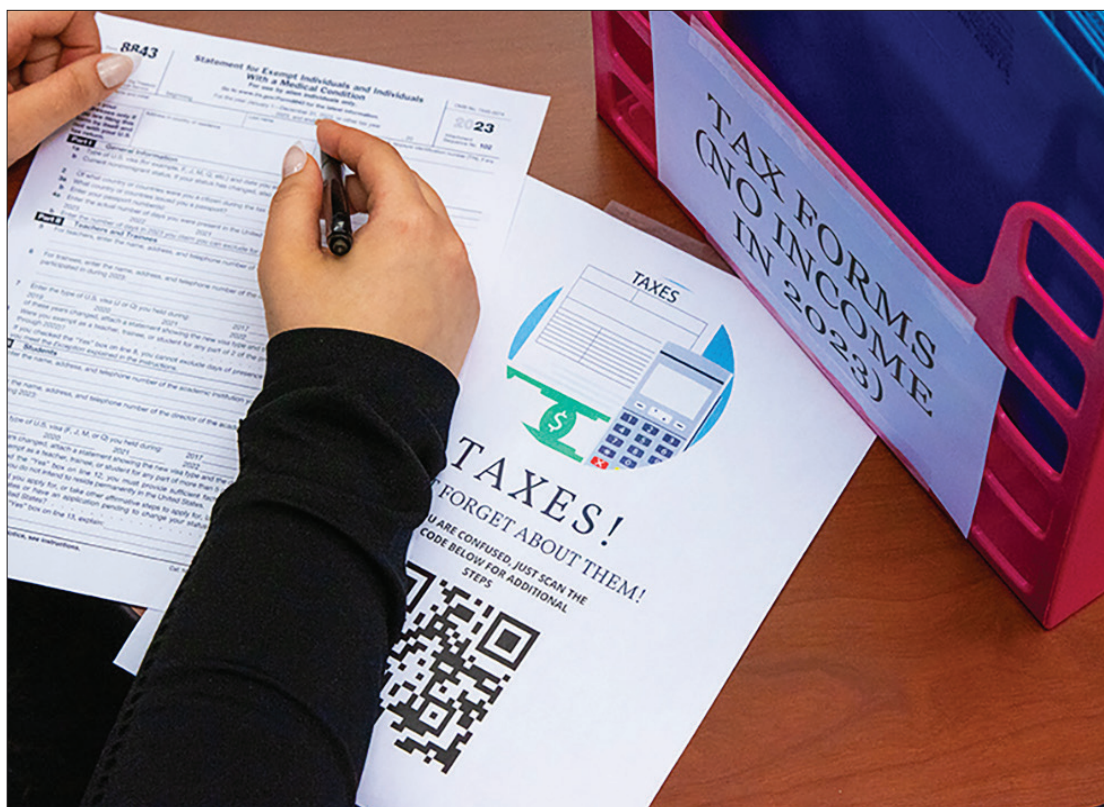
Kari Smoker, associate professor in the Department of Accounting and Business Law, is the site manager for the VITA at the college. Smoker said that this year, VITA at the college has around 200 clients.

To initiate the process of assisting international students at the college, Smoker said she sends out an email to the international students.

Students respond by filling out a consent form and then can either set up a Zoom meeting or an in-person appointment with Smoker herself.

Along with Smoker, Sarah Germonprez, lecturer in the Department of Accounting and Business Law, and 13 student interns help with the operations of the college's VITA Clinic.

Student interns are involved with



VITA at Ithaca College has been providing free tax services at the college for more than 25 years and is also running its second year of partnership with Ithaca Welcomes Refugees, a local nonprofit.

PRAKRITI PANWAR/THE ITHACAN

the entire tax filing process from start to finish with client intakes, the tax preparation process and reviewing returns with the clients.

“Our accounting majors are required to earn three credits in an accounting or tax internship to complete their degree program,” Smoker said. “The tax clinic is a 3-credit practicum they can enroll in to fulfill that requirement. The environment the student interns work in with the clients is also an ideal space

for practical learning”

Smoker said the partnership between IWR and VITA at the college is a fulfilling one and aims to ease the tax filing process as much as possible for both IWR clients and international students at the college.

Senior Birsen Gürkaynak, an international student from Cyprus, said she was easily able to navigate the entire process with the VITA with the college's help.

“Having someone help us, in

a country where we have no idea how the system works, was literally a blessing,” Gürkaynak said. “I’m from Cyprus, and I didn’t know that if I earned less than \$2,000 for the year ... I get the tax reduction. If it wasn’t for [Smoker], I wouldn’t know that. She told me that I was so happy, I ended up paying like a little amount of taxes.”

The tax season officially commenced in January with the release of W-2 forms and will end April 15.

Junior Sameed Mubasher said he remembers how confused he was about the process three years ago.

Mubasher used the clinic and said he appreciates the fact that the service is being offered to international students for free.

“There’s no fees associated with it,” Mubasher said. “You just show up to the clinic and the rest is taken care of. All you need to do is get your documents together and just present it to [Smoker] and then she’ll be able to guide you on what’s needed.”

IWR is a volunteer-led nonprofit community initiative that aims to help newly arrived refugees and immigrants build their lives in Tompkins County and adjust to living in the U.S.

Casey Verderosa, the executive director of IWR, said via email that her goals for IWR are very specific to the clients she personally works with: to ensure each individual is settling into the U.S. smoothly and conveniently.

Verderosa said via email that for refugees, filing taxes in a country where they are still settling can be a daunting process.

“It can be overwhelming to navigate the U.S. tax system while dealing with all the other stresses of resettlement—learning a new culture and language and worrying about family back home,” Verderosa said. “So we feel that any way that IWR and the rest of the community can alleviate burdens and provide clarity [for refugees] is a boost.”

CONTACT: AVALDES@ITHACA.EDU

SGC talks upgrades and renovations to Terraces area

BY JACQUELYN REAVES

NEWSLETTER EDITOR

The Ithaca College Student Governance Council met Feb. 19 to hear from Tim Downs, chief financial officer and vice president for Finance and Administration. SGC also provided feedback on ways to improve lighting around campus and how to make the Terrace Dining Hall and dorm rooms more accessible. The council also held confirmations for the senate position of the School of Music, Theatre, and Dance and the senator-at-large position.

Downs presented an overview of Finance and Administration oversight at the college and ongoing communication with the Tompkins Consolidated Area Transit (TCAT) on arrangements that will be made for student IDs to work with the new fare collection system once the TCAT system is fixed.

Downs said that while the college is in discussion with the TCAT system, it will be necessary that the system tracks how many students ride the TCAT to see how rider usage compares when it is free versus when it is not.

“[The college and the TCAT will use] a system that’s going to help us determine how much [rider usage] is because ... it doesn’t get better than free,” Downs said. “If people aren’t using it now, they’re not going to use it when it goes back to cost economy.”

Downs then transitioned into upcoming decisions that the Division of Finance and Administration will make. Downs began with investments into the campus, like renovations that were done on the entryway to Dillingham Center and the exterior of Campus Center.

Downs said that while there is enough space to house students on campus, the administration is looking at how they can enhance the efficiency of the current space.

“What we really need to focus on is the



Tim Downs, chief financial officer and vice president for Finance and Administration, met with SGC to discuss upgrades to the campus, specifically the Terraces area.

MEI DENNISON/THE ITHACAN

renewal of the space,” Downs said. “How do we modernize it? How do we update it?”

Downs also spoke about the Terrace Elevator project in progress and explained how that would be applied to the Terrace Dining Hall.

“After Terrace One is [renovated], the Terrace Dining Hall [is next],” Downs said. “We will look to build [an elevator] outside of the building, which will allow all floors [of the dining hall] to be accessible by the elevators.”

Downs then asked for ideas on how to make the Terrace roadway more accessible.

Sophomore Lili Chalfant, Park School of Communications Senator, said that the lack of accessibility for the Terrace roadway is a hindrance for many students, including herself.

“I would say that that area is both inacces-

sible and inconvenient,” Chalfant said. “When people have leg injuries, it is quite a lot, especially in the wintertime when there’s ice on the roads.”

Sophomore Dante Conde, Class of 2026 senator, said that closing off the roadway to cars, and only allowing pedestrians at night, provides a compromise for safety and any traffic the roadway might see.

The council then held confirmations for sophomore Aoife Hartigan, first-year student Keene Owen for the senator-at-large positions and first-year Evan Wasserman for the School of Music, Theatre, and Dance senator position.

Hartigan said she has experience with advocating for her peers and that would help her succeed in the senator-at-large position.

“I have always been a good spokesperson for others,” Hartigan said. “Working as a senator would allow me to be that person to my constituents.”

Hartigan said that as the treasurer for IC Premium Blend, she is already working closely with the SGC.

Owen, who was also being confirmed for the senator-at-large position, said that as a Theatre Production and Design major, he would focus on advocating for his constituents in the School of Music, Theatre, and Dance.

Wasserman said he has experience with leadership positions and that would help inform his choices as the School of Music, Theatre, and Dance senator.

After the council’s executive session, the council had senator reports from Eva Horst, class of 2027 senator, and senior Utkarsh Maini, School of Business senator.

Horst said she is starting her community outreach and will be working closely with First-year First-generation senator LaRon Pigford on the Students of Color Coalition Bill. Maini said he will be meeting with Michael Johnson-Cramer, dean of the School of Business, to discuss updating majors and issues that students face in the School of Business.

The meeting ended with officer reports. Sophomore Rishabh Sen, vice president of campus affairs, spoke about the importance of having students on the search committees for the new director of the BIPOC Unity Center, re-accreditation of the college and the director of Religious and Spiritual Life.

“If you’re trying to get involved in [one of these committees,] you can slap [them] on your CV as soon as you join,” Sen said. “It’s really important that they get student input on all of their different student searching committees.”

CONTACT: JREAVES@ITHACA.EDU

COLLEGE BRIEFS

LGBTQ+ Affinity Group meet and greet for prospective members

The LGBTQ+ Affinity Group for faculty and staff will be holding its first event of the semester from 3:30 to 5:30 p.m. Feb. 22 in the Clark Lounge.

The event will be a meet and greet to welcome current and potential members for an evening that centers around the LGBTQ+ community and experience. There will be a prize raffle during the gathering and food, beverages and a cash bar will be available throughout the event. Faculty and staff can RSVP by Feb. 20 through the RSVP form.

People with questions or needing accommodations should reach out to Crissi Dalfonzo at cdalfonzo@ithaca.edu or 607-274-7394. Requests for accommodations should be made as soon as possible.

Dr. Gerardo Pignatiello discusses betrayal plot of “tango canción”

The Latin American and Caribbean Studies Program is inviting the campus community to a lecture led by Dr. Gerardo Pignatiello, assistant professor of romance languages and literatures at Binghamton University.

The talk is at 1:10 p.m. March 5 in the Ithaca Falls Room, entitled “‘Ten cuidado mariposa’: violencia y racionalidad económica de la moral tanguera” [‘Be Careful Butterfly’: Violence and Economic Reason in Tango Morality].

Pignatiello will discuss the betrayal plot in tango and how it explains a variety of relationships. To avoid these betrayals, tango lyrics can advise, threaten or “kill.” The presentation will explore the representation of these different types of violence in the Golden Age of the “tango canción,” 1916 to 1955. Pignatiello has a PhD in Hispanic Studies from the University of Pennsylvania.

His research focuses on crime and detective fiction (literature and film) in the Southern Cone of Latin America. The talk will be in Spanish. Individuals with disabilities requiring accommodations should contact Camilo A Malagón at cmalagon@ithaca.edu. Requests for accommodations should be made as soon as possible.

Applicants needed for James J. Whalen Academic Symposium

The James J. Whalen Academic Symposium will be accepting applications until March 7. Students must submit a 250–500-word project summary “abstract” via the Online

Submission Form. Students can choose to present a print or digital poster, give an oral presentation or showcase creative work at the campus-wide symposium. A limited number of digital poster presentations will be accepted at the symposium. Students need to select “digital poster” from the presentation type dropdown menu when they submit the Whalen Abstract Submission Form.

Students need to save the presentation as a pdf and bring it to the symposium on a flash drive that has been formatted for Windows computers.

If students have already submitted an abstract and would like to present a digital poster, please email whalen@ithaca.edu.

More information is posted on the Whalen Symposium website for more information. Email whalen@ithaca.edu if there are any questions. The symposium will be held April 11.

The All-Supervisors meeting to focus on Annual Review Process

The All-Supervisors meeting will be held from 1 p.m. to 2:30 p.m. Feb. 26 in Emerson Suites. The meeting will focus on the Annual Review Process. Supervisors will explore enhanced competencies, review timelines and exchange best practices to elevate collective impact. Supervisors will share tools and techniques to assess, compose and deliver reviews that resonate, inspiring growth and ignite potential.

Individuals with disabilities requiring accommodations should contact Laney Sodoma (lsodoma@ithaca.edu). Requests for accommodations be made as soon as possible.

If a supervisor is unable to make the meeting on Feb. 26, a virtual All-Supervisors meeting will be held from 1 p.m. to 2:30 p.m. Feb. 27 for all remote supervisors. Please contact the Office of Human Resources with any questions.

Film screening of “Move When the Spirit says Move” Feb. 22

The Center for Equity, Inclusion, and Belonging will host a screening of Photosynthesis Production’s “Move When the Spirit says Move: The Legacy of Dorothy Foreman Cotton” from 6 to 8 p.m. Feb. 22 in the Roy H. Park Auditorium.

The event is free and open to the community. After the screening, there will be a talkback led by the film’s executive producer and senior advisor, Laura Ward Branca; the film’s creators, Ry Ferro ’14 and Deborah C. Hoard; and Belisa Gonzalez,



Men’s basketball team misses playoffs

Andrew Geschickter, senior guard of the Ithaca College men’s basketball team, earns the team a 3-point shot during the Feb. 16 game in the Ben Light Stadium. The men’s team lost the game against the Raptors with a score of 102–97.

NATHAN GLASSER/THE ITHACAN

dean of Faculty, Equity, Inclusion, and Belonging at Ithaca college. This event is free and open to the community. Individuals with disabilities requiring accommodations should contact Mack Rovenolt at eib@ithaca.edu or 607-274-7011. Requests for accommodations must be made as soon as possible.

IC Sustainability Awards open to campus community nominations

In Spring 2024, The Office of Energy Management and Sustainability (OEMS) at Ithaca College will be presenting awards to a student, staff, faculty member, club and community organization who have made significant environmental sustainability contributions to the campus and the greater Ithaca community.

A call for nominations is now open for the following categories: The “Ripple Effect” Student Award, the “Environmental Resilience” Staff Award, the “Eco-Blazer” Club Award, The “Green Apple” Faculty Award and The “South Hill Sustainable Bridge” Community Award. The campus community is welcome to nominate a person or group

that they feel has made a difference in sustainability in the community.

The awards will be presented during Sustainability Week during the week of April 22. Nominations are due April 1. Nominations can be submitted through the nomination form, the IC OEMS website or via email at sustainability@ithaca.edu.

Submit creative writing, art and photos to Stillwater Magazine

Stillwater Magazine is accepting creative writing, artwork and photography for publication during its annual print issue.

Submissions must include last name, genre and if students would like their work to be published on the blog or print magazine.

The magazine invites work from Ithaca College undergraduate and graduate students from all majors regardless of background, genre or chosen medium. Submissions close Feb. 23. For more information on how to submit, students can visit icstillwater.com/submit and contact the magazine with questions, thoughts and concerns at stillwatermagazine@gmail.com.

PUBLIC SAFETY INCIDENT LOG

SELECTED ENTRIES FROM FEB. 5 TO 11

FEB. 5

FIRE ALARM ACCIDENTAL

LOCATION: 12 College Circle Drive
SUMMARY: Simplex reported fire alarm. The activation was caused by a space heater that raised the temperature in the area. Patrol Officer Kevin Noterfonzo responded.

FIRE ALARM ACCIDENTAL

LOCATION: 12 College Circle Drive
SUMMARY: Simplex reported fire alarm. The activation was caused by a space heater that raised the temperature in the area. Patrol Officer Kevin Noterfonzo disabled the zone.

FIRE ALARM ACCIDENTAL

LOCATION: 211 Flora Brown Drive
SUMMARY: Simplex reported a fire alarm. The activation was caused by burnt food. Patrol Officer Alex Hitchcock responded.

FEB. 6

SCC UNDERAGE POSSESSION OF ALCOHOL

LOCATION: Tallcott Hall
SUMMARY: Conduct office reported one person referred for underage possession of alcohol. Lieutenant Michael Nelson responded.

UNLAWFUL POSSESSION OF MARIJUANA

LOCATION: East Tower
SUMMARY: Conduct office reported three people referred for unlawful possession of marijuana. Lieutenant Michael Nelson responded.

FEB. 7

FIRE ALARM ACCIDENTAL

LOCATION: 12 College Circle Dr.
SUMMARY: The activation of the Simplex system was caused by burnt food. Charlie Sherman, fire and building safety coordinator, responded.

FEB. 8

ACCIDENTAL PROPERTY DAMAGE

LOCATION: Bogart Hall
SUMMARY: Caller reported clothes were damaged because of an overheating

clothes dryer. The dryer was taken out of service.

ACCIDENTAL PROPERTY DAMAGE

LOCATION: Bogart Hall
SUMMARY: Caller reported clothes were damaged due to an overheating clothes dryer. The dryer was taken out of service. Charlie Sherman responded.

FEB. 9

CHANGE IN THE CASE STATUS

LOCATION: Other
SUMMARY: Officers identified the person responsible for the incident of public lewdness reported Feb. 3. Lieutenant Michael Nelson responded and issued the ticket for the person for an appearance ticket for the Town of Ithaca Court for public lewdness and they were restricted from the campus.

PETIT LARCENY OVER \$200

LOCATION: Terrace Dining Hall
SUMMARY: Caller said an unknown person stole headphones Feb. 7. Ithaca Police Officer Jack Nelson responded.

This is a pending investigation.

FEB. 10

HARASSMENT/ENDANGERING

LOCATION: Lyon Hall
SUMMARY: Caller reported a verbal altercation and a person sprayed a substance. Patrol Officer Connor McCoy referred one person to student conduct.

FIRE ALARM ACCIDENTAL

LOCATION: 180 College Circle
SUMMARY: Simplex reported a fire alarm. The activation was caused by burnt food. Patrol Officer Matthew Patire responded.

PETIT LARCENY BETWEEN \$50 to \$199

LOCATION: Lyon Hall
SUMMARY: Caller reported a person stole money. Patrol Officer Connor McCoy referred one person to student conduct.

FEB. 11

SCC DISRUPTIVE/EXCESSIVE NOISE

LOCATION: 130 College Circle
SUMMARY: Officers reported excessive noise. Patrol Officer Kevin Noterfonzo referred four people to student conduct for noise violation.

MEDICAL ASSISTANCE/ PSYCHOLOGICAL

LOCATION: West Tower
SUMMARY: Caller reported a person had previously self-harmed and requested transportation. The person was transported by ambulance to the hospital.

Full public safety log available online at www.theithacan.org.

KEY

SCC – Student Conduct Code
V&T – Vehicle & Transportation
EH&S – Environmental Health and Safety

OPINION

THURSDAY, FEBRUARY 22, 2024

7



ILLUSTRATION BY MADOLYN DONAGHY-ROBINSON/THE ITHACAN

EDITORIALS

COVID-19 guidelines are unclear and insufficient

This semester, there are few restrictions in place at Ithaca College to control the spread of COVID-19. This lack of clear guidelines lends itself to a campus that is at risk for an unwell student body.

Students who test positive and live on campus are expected to isolate themselves in their dorm rooms for a minimum of five days and until they have not had a fever for 24 hours. While this period of isolation is encouraged, there is no method for reporting a positive test or a way to mandate quarantine.

Additionally, there are no longer free COVID-19 tests provided through the school, which could lead to fewer students testing. The college has placed the financial and moral responsibility of handling COVID-19 on students' shoulders without proper guidance.

Furthermore, faculty members are no longer required to provide dual instruction for students who test positive. Students should not have to choose either their health or their academics. This lack of academic support could

encourage students to go to class when they are sick, or even avoid testing for COVID-19, so they are not at risk for falling behind.

In previous years, there were stricter COVID-19 regulations in place to protect the health of the campus community. Since those regulations have been lifted, a culture has been cultivated across campus that lacks concern for students' well-being, prioritizing productivity and ease over health and safety. To combat this, the college must come up with a clear process for students to follow if they test positive or if a close contact, like a roommate, tests positive.

The college must also invest in resources like providing free COVID-19 tests and medicine so students can address their health concerns without worrying about financial barriers. Finally, the college should encourage faculty to have grace for students by adjusting the attendance policy to consider COVID-19 and supporting the use of Zoom as needed. If the college wants to be student-centered, the administration must reinforce clear COVID-19 guidelines and provide necessary resources for students.

Ithaca must combat rising housing costs for residents

As Ithaca becomes an increasingly expensive town to live in, members of the community are being pushed out. It is essential that the Town of Ithaca prioritizes its residents by addressing the need for affordable housing and involving community members in policy decisions.

The living wage in Tompkins County increased from \$16.61 in 2021 to \$18.45 in 2023, marking an 11% increase. One of the biggest factors in this increase in cost of living is the rental market. A study conducted by the Washington Post found that the average cost of rent in Tompkins County was \$1,702 in 2022, a 12.3% increase from 2019. The town must invest in its community by creating policies that combat this cost of living crisis.

In 2022, Ithaca's flood maps were redrawn and a policy was put in place requiring property owners in Special Flood Hazard Zones to purchase flood insurance. This is likely to contribute to more expenses for tenants, since landlords may increase costs to pay for insurance. This could lead to further

gentrification, since people who cannot afford the cost of flood insurance will likely be forced to move elsewhere. This displacement may also disproportionately affect communities of color, given that 58.8% of Black employees, 49.1% of Latinx employees and 41.6% of Asian employees make less than a liveable wage, compared to just 35% of white employees.

Rather than allowing people to be displaced because they cannot afford new fees, the town should work to subsidize the cost of flood insurance, assuring residents that they are welcome and safe in their community.

In making decisions regarding housing, it is also imperative that the town consults residents. Tenants make up the majority of Ithaca's 2024 Common Council, giving renters more of a voice in town decisions. This is a step in the right direction. The people impacted the most by policies should be the ones who are consulted when it comes to big decisions surrounding housing. Ithaca is more than just a town. It is a community made up of working residents who must be protected.

LETTER TO THE EDITOR

Send to ithacan@ithaca.edu.

ALL LETTERS MUST:

- Be 250 words or fewer.
- Be emailed or dropped off by 5 p.m. Monday in Park 220.

GUEST COMMENTARY

Send to ithacan@ithaca.edu or to the opinion editor opinion@theithacan.org

ALL COMMENTARIES MUST:

- Convey a clear message.
- Be written by an individual or group who has an educated opinion or is an authority on a specific subject.
- Be between 500–600 words. Whether more or less space is allotted is at the discretion of the editor.

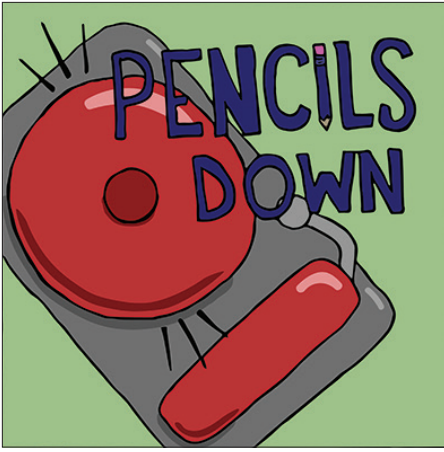


ILLUSTRATION BY GRACE VANDERVEER/THE ITHACAN

Students face food insecurity

BY GABE HENDERSHOT
COLUMNIST

It is part of a college's job to ensure that its students' basic needs are met while they are in pursuit of their degree. Roughly 10% of all U.S. households experience food insecurity, but among undergraduate students, that statistic doubles. Why are 22.6% of all undergraduate students in the U.S. experiencing food insecurity, and what can be done to fix it?

Unfortunately, the biggest contributor to this systemic issue is one that conversations about education always seem to center around: tuition cost. At Ithaca College, a single semester's tuition is \$26,000. A meal plan will cost you, on average, \$3,500 a semester. Students faced with overwhelming costs and mounting debt do not want to pay thousands of dollars a semester for food. This is why students with limited resources are struggling.

The rhetoric surrounding diet and nutrition when it comes to college students is also harmful. Many have heard jokes about students surviving off ramen noodles or pizza. Though these low-cost foods are not inherently bad, they do not provide the nutrition or variability necessary for a healthy diet.

Additionally, students who do not have a dining hall located close to their dorms might struggle to adequately feed themselves. Those who are busy with a full schedule may not be able to make enough trips to the dining hall each day.

Just like many other institutional issues, food insecurity among undergraduate students affects people of color at a notably higher rate. In a study published in 2023, the rate of food insecurity for white students was 18%, while the rate for Black students was a whopping 34.6%. If a problem is disproportionately affecting minority populations, it deserves a closer look.

The best way to reduce food insecurity for undergraduate students is by providing food sources that are accessible, affordable and nutritious. Lowering the cost of tuition and meal plans would allow students to take advantage of these programs without feeling like they have to deprive themselves of their basic human needs. Postsecondary educational institutes should also focus on the accessibility of their dining halls, making sure that students all over campus have equitable access to food. Lastly, a concerted effort to make meals nutritious and enjoyable will aid students in making healthier choices.

As with most societal issues, acknowledgment and education are important to reducing food insecurity among undergraduate students. The way these issues have a greater effect on students of color should be acknowledged and given direct focus. Beyond education, however, are the actionable steps students and institutions can take. As students, we should keep an eye on our friends and offer help when we can. Institutions have the more complex task of alleviating food insecurity within their student body. It is not a simple problem, but it is a crucial one in the world of higher education.

Gabe Hendershot (he/him) is a first-year film, photography and visual art major. Contact him at ghendershot@ithaca.edu.

GUEST COMMENTARY

Editor's Note: The opinions in this commentary do not necessarily reflect the views of the editorial board.

Hobbyists are essential for innovation

BY KAYLEE MAIETTA
SENIOR

A school like Ithaca College is full of creative people, and such artistic interests and talents are not confined to majors. However, an unspoken barrier infiltrates our lives and conversations: If a creative interest is not your main pursuit, then your opinion is not valid. This rule isn't made by creative professionals, nor is it always enforced by them. Often it's one-self who shuts down the conversation before we start it — close ourselves off before we can potentially be judged or embarrassed.

When I decided to write a commentary, I first considered writing about the effect of the reboot and revival resurgence. However, I immediately shut myself down. How could I, someone studying corporate communication, possibly speak about television? I have no screenwriting or television & digital media production background to use to validate my opinion to others. No one said this to me, but I know for sure I have not been alone in such thoughts. This idea that hobbyists cannot be proud of their creative interests or further artistic discussions is both false and harmful.

I was recently talking with a friend who lamented that it felt impossible to join a music group on campus when there are hundreds of students here learning music professionally. There is a cultural phenomenon where people feel like they can't be creative or share their creations when they're not experts. Whether we gatekeep our own creativity or others, it is detrimental to a culture of innovation.

Often, people with casual interests have great insights that lie outside the typical academic views. When the culture of creative



Senior Kaylee Maietta writes about why hobbyists are essential to creative fields and encourages fellow hobbyists to be proud of their innovative pursuits.

COLE JACKSON/THE ITHACAN

excellence prevents amateur creatives from taking part in the conversation, we lose out on unique insights. It's the integration of everyone's ideas and unique backgrounds that lead to new innovations.

Hobbies are outlets for stress and often used as a form of self-care. By participating in an activity that one enjoys, the person can improve their mental health, but right now, many hobbyists are burning out. They close off parts of themselves because they feel like they have to earn the right to have an opinion. This needs to change. We must encourage hobbyists to share

their interests rather than dismiss them.

We are a community of creators: artists, musicians, singers, actors, writers and more, but we are not singular. When we share our casual interests and our professions, true innovation is born. Hobbyists and casual creatives must be more outwardly proud of their passions and share them with the world. Everyone will be better off for it.

Kaylee Maietta (she/her) is a senior communication management and design major. Contact her at kmaietta@ithaca.edu.

GUEST COMMENTARY

Editor's Note: The opinions in this commentary do not necessarily reflect the views of the editorial board.

Students must actively engage in college

BY ELIZABETH BLEICHER
DEAN OF STUDENT SUCCESS

One of the many benefits of becoming an educated person is that you become harder to take advantage of. I teach to empower students to make informed choices, actively shape their futures and argue with me, so they can evolve their thinking and figure out what they believe for themselves.

So, imagine what it does to my head to hear a student brag, "I skipped most of my classes and still got a B-," or "I'm graduating and never set foot in the library." The breathtaking ignorance, the willing embrace of the lie that education is equivalent to a diploma, guts me every time.

This is not the place to share the competing theories about the purpose of college that I teach and research. I loathe the consumerist model of education, predicated on the assumption that college is merely a commercial transaction. But I will use that language in the hopes of conveying the urgency of what is at stake.

You are not paying for a college degree. To treat college this way is to participate in your own exploitation and oppression. You are paying for access to an abundance of experiences designed for you by experts and

the material and human resources that designing and offering these experiences entails. You are only paying for access.

In my first year of college, a friend described a hard conversation he had back home over break. "My friend said college changed me. I said, 'I sure as hell hoped so because I am not paying all this money to stay the same.'" Hence, the biggest rip off of all: When you don't go to class, you are not accessing the one experience for which you pay the most, and around which all the other experiences and resources are built. You are not showing up for yourself.

Let's do a little ballpark math based on Ithaca College's estimate of annual cost of attendance. Missing one three-credit class that meets three times a week costs you \$179; if it meets twice a week, you blew \$268 to take a nap. If it's once a week, you lit \$536 on fire. And skipping class is addictive. You do it once, nothing bad happens. You do it twice. Before you know it, things snowball, and it's too embarrassing to go back or dig your way out of the hole you dug yourself into.

I'm not saying every class period is a life-changing event. Some days I am off my game, or I am the one out sick. But I am saying that when you show up for yourself,



Elizabeth Bleicher writes about the importance of students taking advantage of educational opportunities in college.

AMINATTA IMRANA JALLOW/THE ITHACAN

the time you spend deliberately interacting with a particular group of people to study a chosen subject is the catalyst for your personal change. Every class period is a curated lab experiment, the outcome of which is determined by its class members. But nothing can happen if you do not suit up and show up. At least, nothing can happen for you.

The recipe for college success is posted on the walls in Williams Hall. It is simple, but not always easy. Go to class. Do the work. Ask for help.

Call it a four-week challenge,

make it a bet with a friend, do whatever it takes, but try it for a month. I promise it will change your life. And when (not if!) any part of this practice gets hard, come see us in the Center for Student Success, which is — wait for it — one of the resources you are paying to access.

Show up for yourself. Don't skip class. Don't rip yourself off. Because this is just too expensive a lesson to learn the hard way.

Elizabeth Bleicher (she/her) is the dean of Student Success and Retention. Contact her at ebleicher@ithaca.edu.

IC students offer a hand at second-hand center

BY JACQUELYN REAVES
NEWSLETTER EDITOR

At 11 a.m. on a Saturday, some students might be just waking up, but for the student volunteers at the Finger Lakes ReUse center, their day has already started.

Ithaca College hosted their once-a-semester event, “Day of Community Service,” where students can volunteer at a nonprofit for a whole day. This semester, the event was held Feb. 17 at the Finger Lakes ReUse center to conclude MLK week. The Finger Lakes ReUse center aims to reduce waste, create job opportunities and help save the planet in the process.

At the center, 11 student volunteers made their way to the back of the store and were greeted by Volunteer Coordinator Sam Queen. Queen explained that they would be helping sort through items that were donated, clean them, price them and eventually put them on the shelves.

ReUse provides an alternative to throwing away old items that will end up in a landfill. Queen said he started working at ReUse because he feels that society is very wasteful and sustainability is a cause he is passionate about.

“I’ve seen so much go to waste that doesn’t need to go to waste, and I think it’s especially important in this planned obsolescence economy that we’re in right now, to foster that sense of reuse,” Queen said. “And to give opportunity to these objects and items to go back into use.”

Queen continued to explain the programs that ReUse offers for the community to get involved in the re-purposing of old items, like the eCenter, a program that refurbishes computers; Deconstruction, which breaks down suitable buildings and uses whatever is left salvageable; and the Fixers Collective, a program focused on repairing items free of charge.

“One of the things I love about ReUse is our computer program, which refurbishes donated computers and allows

us to provide computers to people looking to get an education, a job or just looking to keep up in today’s world for a fraction of the price of what they cost new,” Queen said.

Terry Bovay, manager of customer service at the center, also helped guide the student volunteers. Bovay said she started working at the



Ithaca College recently hosted their “Day of Community Service” event where students were invited to volunteer for the day at a nonprofit. On Feb. 17, students visited the Finger Lakes ReUse center located within Triphammer Marketplace in Lansing.

MADDY TANZMAN/THE ITHACAN



center out of necessity, but she ended up gaining more than she thought she would.

“I started working here because I needed a job,” Bovay said. “I had just moved in with my sister, and I didn’t have a vehicle to get to my other job. So I applied here, and I got hired. I’ve been here almost two years. I’ve come to really enjoy working here. I love the people and I’ve always been a people-oriented person.

Learning the things that I’ve learned here was really interesting. I’ve learned how to think outside the box and say, ‘Well, just because it’s broken, doesn’t mean you can’t use it for something else.’”

Colleen Barnes, the administrative operations coordinator of Student Conduct & Community Standards at Ithaca College, said it’s important for students to get involved with events like the day of service because they gain a greater understanding of the community in Ithaca and the impact the community has on it.

“As a student in Ithaca, you should immerse yourself in the community and not just be part of the campus, but also understand the community because as students within the community, you’ll

impact it,” Barnes said.

The volunteers headed back to campus at 3 p.m. Once they were back on campus, they engaged in a discussion about what they enjoyed about volunteering at the center, what they learned and possible future community service projects for the day of service. Junior Jordan Orlando said that while she’s visited the center in the past, this time she gained more respect for the people who work there.

“This gave me a greater appreciation for what they do and the importance of thrifting,” Orlando said.

Sophomore Claudie Ouk said that they have a greater understanding of how necessary this work is and that resources like the center should be widely available.

“I had no idea that they had a warehouse that was filled with boxes,” Ouk said. “I was like, ‘Wow, this does matter to people more than we think it does.’

It also makes me sad, because when I graduate and leave here, that’s not [a resource] that’s across the country yet.”

Bruce Johnson, a longtime member and cofounder of the Fixers Collective, said what he

appreciated the most about being a part of this program was that he was able to save something from being thrown away and the sense of community it creates with customers.

“[My favorite aspect of being a part of the Fixers Collective] is to not throw something away. ... We have that common understanding with anyone coming in,” Johnson said. “It’s just fun to be with people who get excited about learning; it’s a way to get community involvement on a local level.”

Bovay said that while working at the center, she’s found a job that is understanding of where she is and meets her halfway.

“[The staff] know that family comes first,” Bovay said. “I’ve had a lot of jobs. And they always say, ‘Oh, yes, your family comes first,’ but no, they don’t mean that.

This job they accept anybody. And

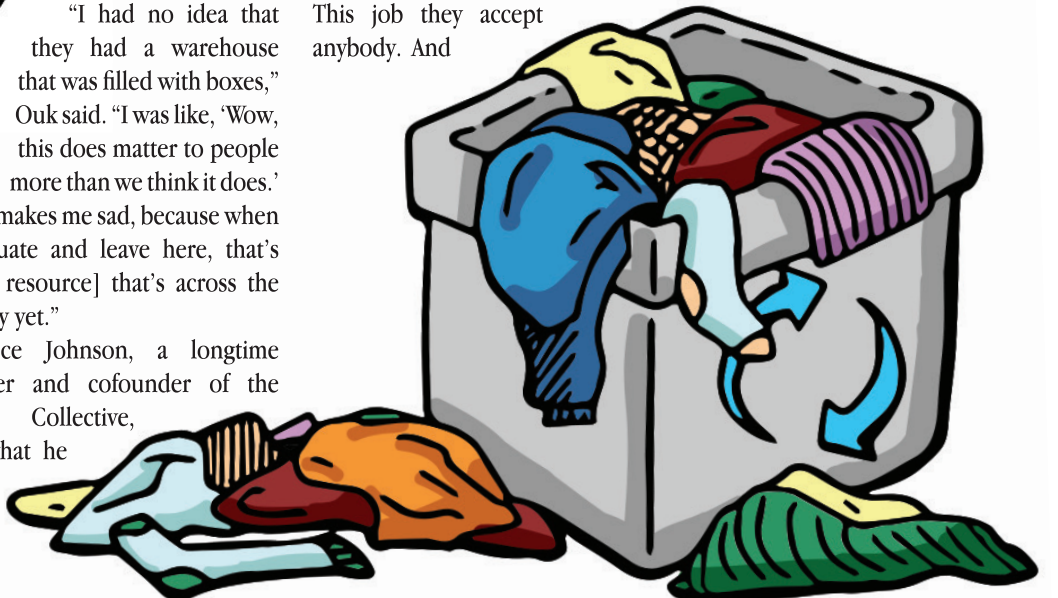
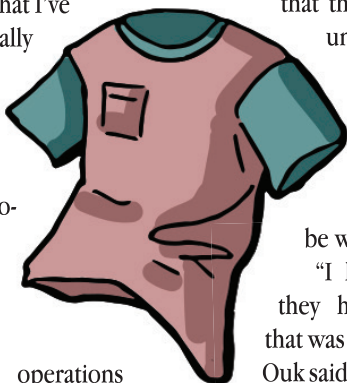
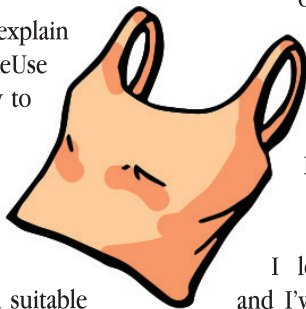
everyone doesn’t matter, race, creed, pronouns, whatever. There is no discrimination here.”

Queen said the center is grateful for the support from the community and is always looking for

more volunteers because of the amount of donations the center receives.

“We are fortunate to be in a community that supports this endeavor,” Queen said. “We are always and I mean, always in need of more support, whether it’s financially, or just volunteers coming in and offering their time and assistance.”

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State Theatre hosts Black History Month Talent Show

BY LORIEN TYNE

STAFF WRITER

A joyful, energetic aura emanated from Ithaca's State Theatre the evening of Feb. 16 as performers of all ages took the stage for the 2024 Black History Month Talent Show.

About 200 community members, including many families, watched the show, some of whom danced and sang along through the night. The annual event is organized by the Greater Ithaca Activities Center (GIAC), which presented talent from its youth, teen and adult programs.

Before the performances, GIAC Director Leslyn McBean-Clairborne gave the opening remarks in the form of a piece called, "What is Black History?"

"Black history is our legacy of triumph over fear," said McBean-Clairborne. "It is every single experience of our history. Black history is the story of you and me."

She mentioned historic figures like former president Barack Obama, Martin Luther King Jr., activist Ruby Bridges and actress Ruby Dee. Her speech also mentioned the National Association for the Advancement of Colored People, the Black Holocaust Museum, the Tuskegee Airmen and Cheyney University in recognition of their places in Black history.

Destiny J.B. Hernandez, deputy director at GIAC, also sings professionally by the stage name Destiny La Vibe. She said that taking the stage was a great way to give back to the community as a leader in the



Destiny J. B. Hernandez, who sings professionally under the name Destiny La Vibe, performed at the State Theatre of Ithaca on Feb. 16 as part of the annual Black History Month Talent Show.

LORIEN TYNE/THE ITHACAN

organization, but also as someone who loves Ithaca and wanted to share her gift.

"The purpose [of the event] is to really reflect on Black history, especially in America, and the impacts that it has on current times," Hernandez said. "The way we are doing that is by using performing arts. ... It's also just a great way to come together and celebrate no matter what your background is. Everyone that was here was here to celebrate Black history."

In addition to the celebration

of Black History Month, the talent show theme was about voter rights. GIAC staff worked a table with voter registration forms for residents and some of the "Black facts" read by the GIAC youth related to voting rights.

Brandon Blas, coordinator for the GIAC Youth Program, said GIAC chose the theme because of the upcoming 2024 presidential election. However, he said his main role was helping to plan and organize the performances by the youth groups.

GIAC is a nonprofit and a

department of the city, which Blas said is why donations are so important to its programming.

"Any donations really help to keep the fees low for the kids," Blas said. "Childcare is a big expense. I think we have some of the lowest fees in the county. ... I'm not sure what these funds are allocated for specifically, but it's all going back into programming for the kids and the community."

Entertainers from the community also participated, including SingTrece, G-Quan Booker and the

Global Creative Family, the Dorothy Cotton Singers, the Cornell Majorettes, Phat Flow Factory, Destiny La Vibe and Mbusi.

SingTrece was the first performer to take the stage. She has been participating in GIAC events since 2010 and has performed at several iterations of the talent show.

"I absolutely enjoyed the GIAC Annual Black History Month Talent Show," SingTrece said. "Being able to be here is a real blessing and knowing that it's changing people's lives."

Some of the performers also used the opportunity to advertise upcoming music releases like G-Quan Booker, entertainer and director of the Global Creative Family — a group he runs through the Southside Community Center. Booker performed a song from his upcoming album, G-Quantum, that will be released Feb. 22. He also appeared on stage for dances with the youth in GCF.

"My role for this talent show specifically was being able to bring my kiddos from GCF to showcase the different ages, different ethnicities and the collaboration of different music and genres," Booker said.

Mbusi, who grew up in Ithaca participating in GIAC programs, said it feels good being able to give back and share his talent with the community.

"Even as everyone is walking out, everyone is hugging each other, loving each other," Mbusi said. "I feel blessed."

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Connection and rediscovery in 'Bleeding Love'

MOVIE REVIEW: "Bleeding Love" Vertical Entertainment



BY NOLAN SHEEHAN

STAFF WRITER

Keeping with the general feelings in the air that come around for Valentine's Day, director Emma Westenberg, best known for television series "Long Slow Exhale" and "Dollface," comes back Feb. 16 with "Bleeding Love," a film that explores the complex relationship regarding a father and his estranged daughter.

Our two leads, played by Ewan and Clara McGregor, depict the epilogue of a traumatic event in which Daughter, played by Clara, recovers from an overdose. Desperate to save his daughter from the life he once lived, Father, played by Ewan, takes her on a road trip across the country to get her the help she needs. The tensions that exist from their lack of connection to each other, and the resulting events that take place as a failure to communicate, make up the bulk of the story. Telling a story about fatherhood, abandonment and the steps we take to recover from trauma, Westenberg's emotional core for the film is not far away from home.

The main conflict comes from the daughter's anger with her father because of his absence for the vast majority of her life. In her eyes, he chose to run when she and her mother needed him the most. In the opposite lens, Ewan's character believes wholeheartedly that his actions were the right thing to do, as his constant drinking habits were creating problems for the whole family — thinking it was something he could not stop unless he ran away from everything.



A father (Ewan McGregor) and his daughter (Clara McGregor) reconnect during a road trip across the country to seek the help she needs.

COURTESY OF VERTICAL ENTERTAINMENT

This difference creates a rift that needs to be fixed between Father and Daughter, and their dynamic growing and evolving over the course of the story as they come to recognize each other stands as the strongest part of the movie. The father develops from an absentee parent who can barely understand why his daughter made the choices she has, to not simply understanding her, but making actions to let her know that he won't leave her side again. It's a strong character arc that

works toward the movie's benefit.

The daughter also has a solid arc of her own, initially running away from every problem in her life and hiding behind what's comfortable: her previous life and the drugs that occupied it. As she continues the road trip with her father, and as he opens up regarding his own experiences with addiction, she comes to realize that the right choice is almost never the easiest — a very powerful lesson to learn for any growing adult.

In terms of performances, "Bleeding Love" is certainly a mixed bag. Ewan and Clara's father-daughter bond in real life provides a little extra to their roles as Father and Daughter, with both solidly capturing the awkwardness that comes with trying to understand each other. They have good chemistry for the most part; however, for certain moments in the film, it feels as if they draw too much off their relationship in real life to make their on screen relationship work.

As a result, certain scenes don't feel like natural progression for our characters, seemingly moving too fast. Ewan's individual performance is quite fantastic, as you can feel his life regrets burning under the surface with every scene he's in. Clara's capabilities, however, stand as inconsistent, with some scenes having a better performance than others.

Unfortunately for this film, it suffers from a crippling lack of pace. Certain scenes will drag on for too long in an attempt to make the audience feel the crushing weight of the daughter's addiction, yet most of this material feels repetitive. The scenes would hold the same meaning if they were shorter and would help hold audience retention as well.

As a whole, this movie stands as a solid story of understanding and regrowth, banking on the performances of the leads and the conflict they establish through their relationship. Although it's held back by its poor pacing issues, "Bleeding Love" stands as a solid entry to Westenberg's catalog.

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Mother Mother reflects on their growth and death

ALBUM REVIEW: "Grief Chapter" Warner Music Group



BY JACQUELYN REAVES
NEWSLETTER EDITOR

Mother Mother released their new album, "Grief Chapter," on Feb. 16, following their 2021 album, "Inside." The album was highly anticipated after the band found a resurgence of fans on TikTok during the pandemic. Now that the newfound attention to the band has subsided, "Grief Chapter" finds a way to entertain audiences without it feeling forced.

"Inside" addressed the inner turmoil one goes through in times of self-isolation perpetuated by the COVID-19 pandemic. "Grief Chapter," much like the title suggests, tackles the feelings of self-loathing, love, questioning religion and thoughts of death.

The album opens with "Nobody Escapes," which at first is deceptively upbeat as lead vocalist Ryan Guldemond sings about the inevitability of death.

"To My Heart" is a song that is reminiscent of "O My Heart," a song from 2008's Mother Mother album titled under the same name. "To My Heart" starts off by expressing a desire to go back in the past and heal all the self-loathing and self-inflicted pain. The parallels between "To My Heart" and "O My Heart" are interesting because the newer song sounds like a reflection of the latter. While "O My Heart" places the blame on Guldemond



After going viral on TikTok during the pandemic, the Canadian indie rock band Mother Mother has released their highly anticipated album under the title of "Grief Chapter" on Feb. 16.

COURTESY OF WARNER MUSIC GROUP

for not being able to love anyone successfully, "To My Heart" provides perspective and suggests that it's necessary for him to reflect on the darkest moments of his life.

"To My Heart" does a good job of calling back to Mother Mother's older albums but feeling distinctively different, because even though the themes are familiar, the sound

is different. The album doesn't feel like the band is pandering to the audience that revitalized their career, instead taking the aspects that made them popular, like their unique voices and sound, and fully committing to it.

"Goddamn Staying Power" is a standout on the album, with Molly Guldemond acting as the lead

vocalist for this song. Her vocals and the background sounds of kids playing offer a peaceful interlude and pause to Ryan Guldemond's darker themes.

"The Matrix" is the ninth track on the album and it marks a shift in the album. The song transforms from the prior nihilistic themes and advocates for living freely because

life is too short to worry about people's opinions.

In "End of Me," Ryan Guldemond wonders if his funeral would be a grand event filled with people or if he'd go out without a sound and no one caring. The song is constantly after your attention, it's loud and has applause distributed throughout the song. It ends with someone shouting "Play Hayloft!" the song that became popular TikTok and started the revitalization of Mother Mother's career.

"Grief Chapter" is quiet and reflective. Ryan Guldemond now shows acceptance toward everything he's been through and while he still has these traumas, they are ultimately in the past and his situation is different now.

"Grief Chapter" examines themes that were present in Mother Mother's older albums, like self-hatred, low self-esteem, violence, but provides self-reflection and forgiveness. In many ways this album is a reflection of the burst of attention they received from the internet three years ago, with many songs addressing feelings of being put in a box and forced to do what you don't want to. The album takes you on a journey of self-acceptance and manages to find a happy medium between what made their older works so exciting and a unique sound for their new music.

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IDLES plays with a modern punk style in 'Tangk'

ALBUM REVIEW: "TANGK" Partisan Records



BY CALEB KAUFMAN
ASSISTANT PHOTO EDITOR

In their fifth album, British punk band IDLES utilizes a more modern production style, varied influences and creative instrumentation to create a sound that is familiar and unexpected at the same time. However, this new sound does not always work in the band's favor.

"TANGK" opens with "IDEA 01," an unconventionally structured song based around a repeating kick drum pattern with scattering piano notes and subdued vocals. The song is essentially one large build up, but it fizzles out before it really explodes, leaving the listener a bit unsettled. The opener is quickly overshadowed by the following song "Gift Horse." It's a classic IDLES song with a bit more funk influence, particularly in Jon Beavis' drum part.

"POP POP POP" combines funk inspired drums with droning electronic synths, bass and guitars. Talbot utilizes spoken word and locks into rhythm with the band. Ultimately, the song fails to deliver a satisfying chorus or ending and rather repeats for a while, overstaying its welcome.

"A Gospel" begins with high-pitched eighth note piano chords, which are accompanied by tender vocals. As the song progresses, there are string parts that join and flesh out the sound. The sweet lyrics and strings are lovely, but the repetitive and bland piano unfortunately stops it from being great.

The lead single of the album, "Dancer," featuring electric dance-punk legends LCD Soundsystem, starts the second half of the album with a bang. A flurry of strings starts the song and then the drums and bass jump in right away. James Bond-like guitar parts add to the verses before it explodes into the chorus. This song conveys dancing as a radical act of freedom and expression.

The next song, "Grace," feels like a stronger version of "POP POP POP." It features the same funk style drums and droning guitars but is helped by Talbot's soft vocals. The subtle build up for the chorus works especially with the great lyrics, "No god / No king / I said love is the thing" emphasizing IDLES's philosophy of uncompromising love. "Hall & Oates" sounds like it could be straight off "Brutalism," the group's first record. It's a straightforward punk song that features dry guitar riffs, chants of "I love my man!" and a messier production style. It feels a bit out of place on the record, but it's still a fun track.

The second-to-last track, "Gratitude," opens with punchy bass, trashy drums and eerie guitar and vocals. It lulls you into a trance until the chorus bursts in at a hundred miles per hour. It can not be understated how tight this chorus is. The compressed instrumentation feels like it is being injected straight into the bloodstream. The track makes the chant of "that gratitude cuts through my veins!" feel powerful and it's unlike any other song about gratitude you will hear.

The closer of the album, "Monolith," brings the energy way down for a quiet,



The British band IDLES released their fifth album "TANGK" on Feb. 16, where they experiment with a modern sound instead of sticking to their punk style.

COURTESY OF PARTISAN RECORDS

somber final note from the band. It ends up being more successful than the opener, utilizing intimate vocals soaked in reverb, lingering guitar notes, rumbling synth bass, a repetitive click and something that sounds like distorted steel drums. These elements all combine to make a reflective and melancholic track.

Overall, TANGK is a step in the right direction for IDLES. Instead of playing it safe and

sticking with the punk sound that made them famous, they're experimenting with different genres and production styles. These experiments do not always work out on this album, making it a bit disconnected, but when they do, it's exciting to hear. It would be great to hear them expand on the ideas they created in this album in their next release.

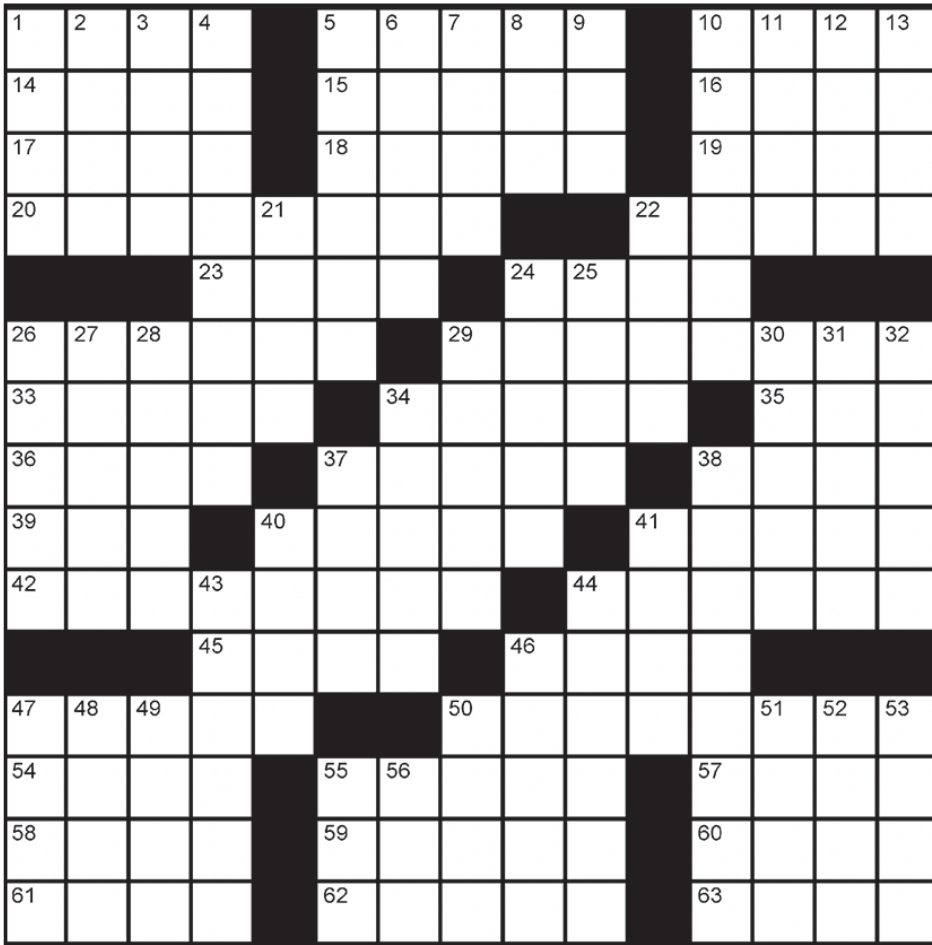
CONTACT: CKAUFMAN1@ITHACA.EDU

DIVERSIONS

THURSDAY, FEBRUARY 22, 2024

crossword

By Quill Driver Books



ACROSS

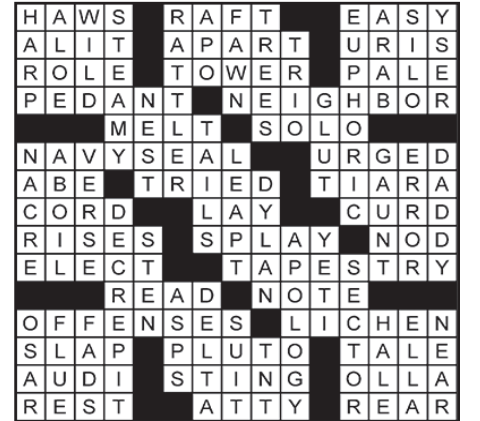
- 1 Round of applause
- 5 Claw
- 10 Do a farmer's job
- 14 Fencing weapon
- 15 Airborne
- 16 Word in a threat
- 17 500 sheets
- 18 Value
- 19 Soap brand
- 20 Stretched out
- 22 Proficient
- 23 Affected manners
- 24 "- Only Just Begun"
- 26 Underweight
- 29 Very hungry
- 33 Small boat
- 34 Striped animal
- 35 Courtroom fig.
- 36 On -- (equivalent)
- 37 Thrifty shopper
- 38 - Minor
- 39 Spanish title
- 40 Book of maps
- 41 Tumble
- 42 Arcade game (hyph.)
- 44 Kind of fuel
- 45 Wrath
- 46 Frost
- 47 Change gears
- 50 Prospering place (2 wds.)
- 54 Beach area
- 55 Antelope with twisted horns
- 57 Eye part
- 58 More than
- 59 Fashion house
- 60 Depend
- 61 "The Wild Wild --"
- 62 Stockholm resident
- 63 Meas justifier

DOWN

- 1 "The buck stops --"
- 2 Summit
- 3 Unmixed, as liquor
- 4 Bearing
- 5 Showy but tasteless
- 6 Lotion additives
- 7 High-ranking aristocrat
- 8 Frequently
- 9 To the - degree
- 10 Blush

- 11 Tahari or Wiesel
- 12 Right away
- 13 Bombard
- 21 Muses' number
- 22 Say with confidence
- 24 Money earned
- 15 Perpetually
- 26 Lots and lots
- 27 Silk cotton
- 28 Silly
- 29 Competitor
- 30 Caravan stopover
- 31 Serviceable
- 32 Play for time
- 34 Running total
- 37 Nova
- 38 Camera lens opening
- 40 Border on
- 41 Thailand, previously
- 43 Hard work
- 44 Simple drawing
- 46 Sharpened
- 47 Sluggish
- 48 Bee colony
- 49 - of March
- 50 "I Got You --"
- 51 Kiln
- 52 Metal joint
- 53 Certain votes
- 55 Old urban railways
- 56 Jurisprudence

last issue's crossword answers



Polar Pardner

ILLUSTRATION BY JOSHUA PANTANO/THE ITHACAN



数独

Create and solve your Sudoku puzzles for FREE.

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The Sudoku Source of "The Ithacan".

answers to last issue's sudoku:

very easy

7	1	6	4	3	9	8	5	2
5	4	8	7	2	1	9	3	6
3	2	9	5	8	6	1	4	7
4	9	2	8	6	5	7	1	3
1	6	7	9	4	3	2	8	5
8	5	3	1	7	2	4	6	9
6	8	4	3	9	7	5	2	1
9	3	5	2	1	4	6	7	8
2	7	1	6	5	8	3	9	4

medium

7	6	4	9	1	8	5	2	3
8	9	3	5	7	2	4	6	1
5	1	2	6	3	4	7	8	9
6	2	7	8	4	1	9	3	5
4	8	9	2	5	3	1	7	6
1	3	5	7	6	9	8	4	2
3	5	1	4	8	6	2	9	7
2	4	6	1	9	7	3	5	8
9	7	8	3	2	5	6	1	4

sudoku

easy

5						2	4	1
		1				3	7	
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hard

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			8	2				
		1			9			
	9	5					2	
				8				4
7	6							1

Nutritionist helps level up athletes

BY TESS FERGUSON
SENIOR WRITER

Although training and competition experience appear to be the most important role in becoming an elite athlete, it is the elements below the surface that truly allow athletes to excel.

In December 2023, the Ithaca College athletics department announced that it hired Shira Evans '06 as a sports nutrition consultant. Since her introduction to the program, Evans has worked with nearly all varsity teams on campus in cooking workshops and sport-specific nutrition programming.

Susan Bassett '79, associate vice president and director of intercollegiate athletics, said sports nutrition is a performance area she has been looking to expand upon since her own return to the athletics department. Similar to the Leadership Academy curriculum that is offered to student-athletes at the college, Bassett said Evans will be a readily available resource.

"It's similar to Greg Shelley being a consultant for leadership," Bassett said. "Now, Shira Evans is a consultant for nutrition and sports performance. A few things aligned and I think it was an area that I felt like we needed to improve, so we decided to give Shira a try and so far the feedback has been so positive."

Evans' hiring is a relatively rare occurrence in collegiate sports. Evans is the first officially listed nutrition consultant on any Liberty League staff. What makes this standout even more is that the hiring of a nutrition specialist is not even universal in Division I. Out of the 65 Power Five schools in Division I, 61 have a sports dietician, while only 31 schools outside of the Power Five have one on staff.

Evans is an expert in the fields of relative energy deficiency in sport (RED-S), disordered eating and eating disorder care. She said that outside of the workshops she has conducted with teams, she is also a resource available for individual athletes.

"I'll be able to support student-athletes for any type of nutrition related concern," Evans said. "Say an athlete is going through ACL reconstructive surgery, nutrition makes a big impact. Or maybe they're an athlete who is struggling with a lot of nutrient deficiencies or RED-S and is needing support with that. Any sort of nutrition related concern, they can meet with me one-on-one confidentially."

Prior to Evans' hiring, the athletics department hosted a nutrition webinar for athletes at the beginning of each semester. Bassett said that although many of the meetings were ben-

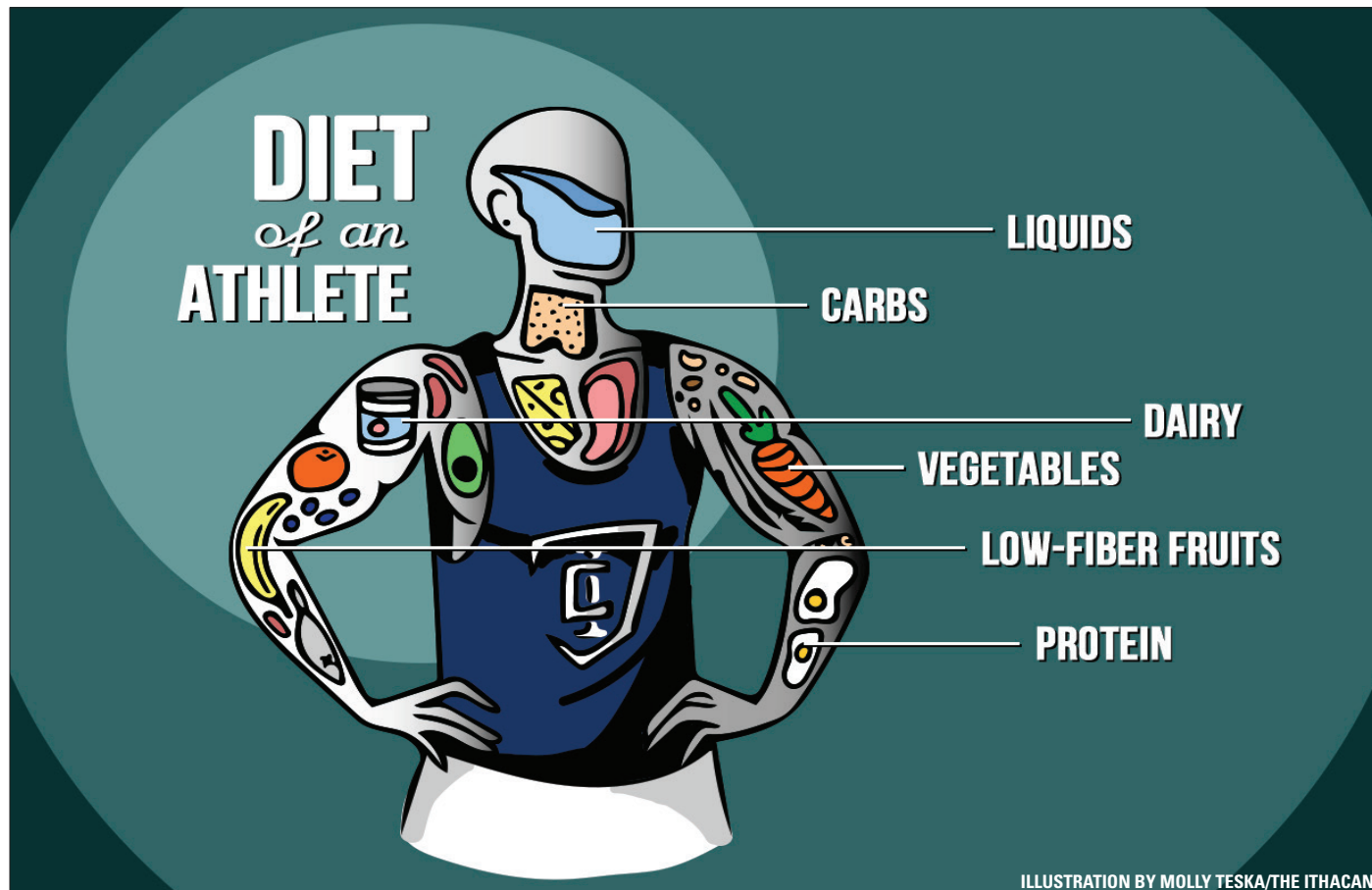


ILLUSTRATION BY MOLLY TESKA/THE ITHACAN

eficial, the material was becoming dated and that Evans' practice will keep the programming more current.

A former collegiate athlete herself, having competed for the Bombers' cross country and track and field teams, Evans said that being able to give back to the athletics community is what she loves most about her job.

"I've also experienced my trials and tribulations of learning how to figure out what works best for me in terms of fueling for performance, and I think it's so fun getting to support athletes of all diverse backgrounds and sports," Evans said. "Being able to educate and empower them, whether it's about a performance related goal or to help improve their own relationship with food or their body as an athlete. It's just super rewarding getting to work with student-athletes."

Jennifer Potter '92, head coach of the women's track and field team, coached Evans during her tenure as an athlete. The two reconnected in June 2023 when Potter and Erin Dinan, head coach of the women's cross country team, attended a women in sports conference in Boston, Massachusetts.

There, Potter said she and Dinan began to pick Evans' brain about how she might interact

with the student-athletes at the college and the particular issues they have been noticing.

"We went to lunch with her and got more into like, 'Hey, how would you do this for us?' And that's how the conversation started," Potter said. "We were at one point thinking maybe we could bring her in, maybe bring somebody else in, but the more we met with Shira, the more we were like, 'Wow, if we could get her on board with our department, she would be a huge asset.'"

From there, Potter said the men's and women's cross country teams, track and field teams and swimming and diving teams joined together in fundraising efforts to have Evans visit campus late in the fall semester. Upon her arrival, she met with those six teams, the athletic training staff, the medical staff, the head coaches and the strength and conditioning team.

Potter said Evans' programming was both sport and event specific, which is extra important in a sport like track and field.

"I think that's what makes her very unique," Potter said. "We did a session with our endurance athletes and then we did a session with our strength athletes separately. There's so many great topics that she can cover."

Beginning in January, Evans began to have those sport-specific workshops with more varsity teams on campus. First-year student Ainsley Grant, a member of the college's field hockey team, said her team joined Evans for a cooking workshop and a nutrition presentation. She said the workshops allowed her team to get more comfortable talking about and working with food.

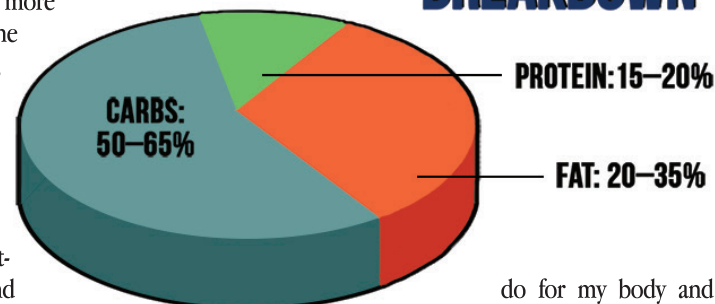
"We were given a couple of breakfast recipes to choose from and we chose pancakes and smoothies," Grant said. "Shira was there to guide us, but it was very much student-led. The intention was for it to be a recipe we could bring back into our lives and cook for ourselves."

Transitioning from high school to collegiate athletics can be a big jump in workload for many athletes. As a first-year student, Grant said the workshops with Evans have helped her to navigate the fuel she needs for the amount of

training she endures.

"I find myself in the dining hall thinking, 'What will this meal

an athlete's DAILY MACRONUTRIENT BREAKDOWN



do for my body and what can I add to it to fuel my body better?" Grant said.

"We've been in the dining hall picking out meals and thinking, 'This has good proteins, this has good fats,' so I think we're all just more mindful because of her."

As disordered eating becomes increasingly more common among female athletes, Grant said Evans' professionalism surrounding the topics helped her teammates to feel more comfortable asking questions about how to adequately fuel for practice and competition.

"I know with women athletes, it can be a tricky topic," Grant said. "There's a lot of body image issues and there's a standard of what a female student athlete should look like, and [Evans] was really emphasizing that you can eat what you want. She placed emphasis on really snacking and fueling before practice, and my team has really taken to that. We're all pretty thankful for her."

Returning to her alma mater, Evans said she feels a personal connection to the college's athletics program and is most looking forward to giving back to athletes that have walked the same path as her.

"When I was a student-athlete, I think these types of resources were so needed for the general student-athlete population for so many reasons," Evans said. "It feels super exciting to be able to give back in that capacity, getting to work with current student-athletes and giving them this type of resource. I think this is something that's needed at any sort of school."



Shira Evans '06 was hired by Ithaca College in Dec. 2023 as a consultant for nutrition and sports performance. Evans will be a resource for athletes and teams.

COURTESY OF SHIRA EVANS

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Former Bomber uses socials to build brand

BY DANIEL KING

SENIOR WRITER

Former Ithaca College linebacker Isaac Hadac finds himself still involved in the football world even after his playing days. These days, he finds himself training football players, striving to make them the best they can become.

Hadac is the founder of the 5 Star Football Package. The package offered on his website includes positional specific workouts, training tips and nutrition plans. Hadac transferred from Ithaca College after his junior season in 2022 to Division I University at Albany, and made his final collegiate stop at Division II Assumption University.

"It all really started from my own training back when I was playing at Ithaca," Hadac said. "I was just trying to find the best ways that I could become the best player possible and in that process, I learned a lot that I'm now able to apply to other people."

Hadac started this journey during the early days of the COVID-19 pandemic. During this time, he realized that with all the training he was doing, he should record it and post it on social media.

"For the last two or three years of my college career, I had been posting this stuff myself, basically just showcasing what I was doing to become the best football player I could be," Hadac said. "Then it took a turn after, I was really like, 'I don't know how much football I'm going to be

playing anymore; I got to find something new.' Because you know, I'm not playing, I can't put this stuff to practice anymore."

This is when Hadac started reaching out to high school players. He offered to train them for free and said it began to snowball from there. One of the current players he trains is Derek Slywka '23, a former defensive back for the Ithaca College football team.

Slywka is training to earn a shot at a college pro day to showcase his skills to NFL scouts. During his training, Hadac contacted him and offered to help him as he works toward a pro day opportunity.

"When you get another set of eyes, another mind to kind of come up with some stuff, different plyometric drills and all the research he did with that, I think it's just really helpful as I continue the process with that," Slywka said.

While the 5 Star Football Package is what Hadac mainly pushes on his social media, where he has amassed over 150,000 followers on Instagram and 250,000 on TikTok, he has also gone into the supplement business. His company, Muscle Dummies, is a business he helped start with his brother and fellow Bombers' football alum Johnny Hadac '20, who runs a weight loss business called Total Weight Loss on his own social media.

"We decided that if we're going to take supplements, we might as well own that company and own the ingredients in everything that we're



Former Bombers' football player Issac Hadac has designed his own training program, the 5 Star Football Package. Hadac has had major success promoting his brand on social media.

COURTESY OF RICH BARNES

putting into the company," Isaac Hadac said.

Johnny credits Isaac's football packages to his brother's love of studying film.

"When [Isaac] was at Ithaca, that's all the kid was doing," Johnny Hadac said. "When he was in class, he was studying film. He was studying film when he was having lunch. That's what he enjoys doing."

While Isaac Hadac has been playing football for many years, he credits a class he took at the college with

Brad Treat, an assistant professor in the School of Business, that helped spark his entrepreneurial mindset.

"I had social media going a little bit then, but I wasn't really making anything from it," Hadac said. "It was a cool, practical class in the sense that your workload was pushing your business forward, getting your business started, or finding a new idea. I thank God for him because, you know, he was able to put me on the right track."

As his goals for 2024, Isaac Hadac

plans on enjoying the journey and seeing what happens.

"I don't know where life's gonna take me," Hadac said. "My social media could blow up; they could do nothing. So, my goal that I have every day is to help as many kids as I possibly can and that's all it's about to me. The more kids I help, the more kids I help become better football players, the more social media grows, the more opportunities come up."

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Culture shift keeps swimming and diving afloat

BY JACOB INFALD

STAFF WRITER

Ithaca College men's and women's swimming and diving teams have recently moved on from two longtime coaches. This season, with new voices in leadership, the Bombers have continued to have success in the pool while also placing an emphasis on success outside the pool.

Kevin Markwardt led the men's team for the last 36 seasons and hall of fame coach Paula Miller retired after the 2019–20 season.

This season, both the college's men's and women's swimming and diving teams are under the leadership of first-year head coach Mike Blakely-Armitage after being on the coaching staff the previous five seasons as an assistant coach.

Despite a first-place finish at the Liberty League Championships for the women and a second place finish for the men in the 2022–23 campaign under Markwardt, Blakely-Armitage said he felt as if his program was lacking a strong culture outside the pool.

"We're just working really hard on our culture and I think that was kind of a missing piece for us in the past couple years," Blakely-Armitage said. "We're trying to build one of those prototypical amazing cultures, and we're on our way."

Dennis Berg, a senior swimmer on the men's team, said Blakely-Armitage's added emphasis on team culture has made the team more enjoyable.

"It's been a fun season so far," Berg said. "I think he's stepping up and doing a great job."

One element Blakely-Armitage has added are weekly captain meetings where leaders from both teams meet to discuss character

culture. Blakely-Armitage said he credits these meetings as the reason why the team buys in.

"Having that leadership from them directed by me really helps them kind of navigate some of these situations and helps everybody stay together," Blakely-Armitage said. "I think the difference is that the student athletes we have now expect there to be more than just working hard in the pool."

One of these student-athletes is graduate student Lauren Brady, who said she agrees that the team culture has improved.

Brady said herself and the rest of her teammates have embraced having Blakely-Armitage at the helm and even had voiced her support for her head coach during the summer hiring process. Brady along with Berg and James Collishaw, a senior on the men's team, were chosen to sit in with the hiring panel.

Brady said Blakely-Armitage's experience with both teams has helped to aid the transition process.

"We already had that relationship with him," Brady said. "We've been used to his practices too since he wrote a lot of them last year."

While Blakely-Armitage has had to manage both men's and women's squads, Blakely-Armitage's prior coaching experience has set him up for the challenge. Prior to joining the college's coaching staff in 2019, Blakely-Armitage spent 10 years with Ithaca High School where he coached both men's and women's swimming, leading both squads to 10 titles combined.

Despite that prior success, the large teams could have left Blakely-Armitage stretched thin if it were not for a strong, expanded coaching staff which features graduate assistant Aubrey Syron, volunteer assistant coach; now assistant coach Paula Miller; Chris Griffin, longtime



Mike Blakely-Armitage, the head men's and women's swimming and diving coach, has worked toward instilling a strong outside culture through leadership meetings.

CLARK ROQUE ROYANDOYAN/THE ITHACAN

aquatics coordinator and head diving coach; and first-year assistant coach Noah Beck.

There were only three full-time coaches on staff for both programs just two seasons ago. One season removed from being an assistant at rival SUNY Cortland, Beck said he shares Blakely-Armitage's views on team culture.

"Coach Mike and I have a lot in common in terms of ambition and what we want to accomplish and how we want to accomplish it," Beck said.

Performance inside the pool has remained strong for both teams. Both sport an identical 10–4 record going into the Liberty League Championships. The teams are feeling ready

and eager to attempt to bring home some very familiar hardware.

Blakely-Armitage said he believes his squad is poised to come back even stronger this time around.

"I think we have a very deep team that is going to set us up for that possible championship," Blakely-Armitage said.

Whatever happens, both coaches are proud of the work their squad has put in all season. The Liberty League Championships will take place Feb. 21–24 at the Kelsey Partridge Bird Natatorium in Ithaca, New York.

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Sophomore Corey Foster performs her balance beam routine at the Ithaca College gymnastics team's most recent meet. They competed against SUNY Brockport for the Harriet Marranca Memorial Invitational. The team has a 2-6 record for the season with two meets left before the NCGA East Region Championships.

MEI DENNISON/THE ITHACAN